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# Patellar and Quadriceps Tendon Repair Rehabilitation Protocol

# Sean Rockett, MD

# Immediate Post op (Weeks 0-4)

Weightbearing: As tolerated in hinged knee brace locked in extension

Range of Motion: Increase Range of Motion as tolerated to achieve Full ROM by 8-10 weeks.

Therapeutic Exercise: Begin patellar mobilization, scar massage

**Stairs:** Able to walk up and down stairs while using crutches or other assistance.

#### Phase I (Weeks 4-8)

Weightbearing: As tolerated in the hinged knee brace locked in extension, may wean off the crutches

as tolerated.

Range of Motion: AROM as tolerated according to above.

#### **Therapeutic Exercise**

o Begin isometric quadriceps strengthening, straight leg raises at week 4

o Patellar mobilization, scar massage

## Phase II (Weeks 9-16)

Weightbearing: As tolerated -- in unlocked hinged knee brace by week 10.

Hinged Knee Brace: Discontinue brace if patient is capable of straight leg raise with good quadriceps

control.

Range of Motion: Should Achieve full ROM by 8-10 weeks.

## **Therapeutic Exercise**

- o Continue with patellar mobilizations
- o Start stationary bicycle when ROM allows, Aquatic therapy
- o Begin progressive resistance exercises

#### Phase III (Months 4-6)

Weightbearing: As tolerated

Range of Motion: Full and painless

#### **Therapeutic Exercise**

o Continue with quadriceps strengthening, Focus on single leg strength

o Start treadmill walking

## Phase IV (Months 6-12)

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o Gradual return to athletic activity as tolerated

o Maintenance program for strength and endurance





Regional



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