

 $Dedication. \ Compassion. \ Experience.$

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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) o Gradual return to athletic activity as tolerated o Maintenance program for strength and endurance



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