

# **Rehabilitation Protocol: Quadriceps/Patellar Tendon Repair**

## Phase 1 (Weeks 0-2)

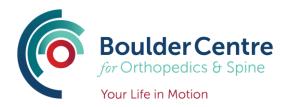
- Weightbearing: As tolerated in the hinged knee brace locked in extension
- Hinged Knee Brace: Locked in full extension except when performing rehab exercises
- **Range of Motion:** 0-30°, Passive ROM only
- Therapeutic Exercises
  - Isometric quadriceps strengthening, straight leg raises with brace locked in extension
  - Patellar mobilizations
  - Ankle pumps

## Phase 2 (Weeks 2-6)

- Weightbearing: Continue WBAT in the hinged knee brace locked in extension
- Hinged Knee Brace: Locked in full extension except when performing rehab exercises
- Range of Motion: Active/Passive ROM (\*\*NO active knee extension\*\*)
  - Weeks 2-4: 0-60°
  - Weeks 4-6: 0-90°
- Therapeutic Exercises
  - Continue Phase 1 exercises
  - Heel slides
  - 4-way leg lifts with brace locked in extension

#### Phase 3 (Weeks 6-12)

- Weightbearing: Wean from crutches; set brace to 0-40° for ambulation
- **Hinged Knee Brace:** 0-40° for ambulation; otherwise set flexion to match amounts below
- Range of Motion: AROM/PROM
  - $\circ$  Weeks 7-8: 0-115° without active knee extension
  - Weeks 9-10: 0-130°; active knee extension now allowed
- Therapeutic Exercises
  - Closed chain quadriceps control 0-40° with light leg press and light squats
  - Prone knee flexion
  - Stationary bicycle
  - Open chain hip strengthening
  - Core strengthening



## **Rehabilitation Protocol: Quadriceps/Patellar Tendon Repair (continued)**

## Phase 4 (Weeks 12-16)

- Weightbearing: As tolerated
- Hinged Knee Brace: Discontinue brace
- Range of Motion: As tolerated
- Therapeutic Exercises
  - Progressive closed chain quadriceps exercises, gradually advance to 0-70°
  - Stationary bicycle, Stairmaster, Swimming
  - Squats, step-backs, lunges
  - Hip and core strengthening
- Modalities per PT discretion. Okay to begin blood flow restriction therapy.

## Phase 5 (From Week 16)

- Weightbearing: As tolerated
- Range of Motion: As tolerated
- Therapeutic Exercises
  - Initiate open chain knee extension exercises: begin at 0-30° and advance from there
  - o Sport/work-specific balance and proprioceptive drills
  - Progressive impact control exercises, beginning with two feet to two feet, then one foot to the other foot, then one foot to the same foot
  - Hip and core strengthening
- Return to sport when dynamic neuromuscular control is sufficient and functional demands are met without pain