

Postoperative Rehabilitation Protocol for Quadriceps or Patellar Tendon Repair

**Physical Therapy should be started within a week after surgery*

Phase 1: Postoperative weeks 0-6

- Goals
 - Protect repair
 - Minimize pain / swelling
- Brace / Crutch Use
 - Brace locked in extension at all times except with therapy
 - WBAT with crutches with brace locked at 0 degrees (full extension)
- Range of Motion
 - Avoid active knee ROM
 - Achieve full knee extension
 - Passive ROM
 - 0-30 degrees (weeks 0-2)
 - 0-60 degrees (weeks 2-4)
 - 0-90 degrees (weeks 4-6)
 - Patella mobilization
- Strengthening
 - Ankle pumps
 - SLR supine with brace locked at full extension
 - Quad sets
- Modalities PRN

Phase 2: Postoperative weeks 6-12

- Goals
 - Work on regaining a normal gait
 - Improve active ROM
 - Incorporate more muscle strengthening
- Brace / Crutches
 - Wean off crutches as tolerated
 - May ambulate using one crutch on the opposite side of operative leg
 - Unlock brace for ambulating. Wean from brace as tolerated after crutches are discontinued.
- Range of Motion
 - Stationary bike
 - Avoid deep flexion to include knee bends, lunges, and squats
 - Progress to full ROM
- Strengthening
 - Wall slides
 - Leg press with 2 legs
 - Hamstring curls

- Single leg balance starting on floor
- Chair / wall squats
- At 10-12 weeks, can use all cardio equipment as tolerated (no jogging)
- Unilateral step ups and downs – progress height as tolerated with emphasis on controlled descent
- Variations of lunges to include walks and squats

Phase 3: Postoperative weeks 12-16

- Goals
 - Full ROM
 - Full weight bearing
 - Progressive stretching and strengthening of muscles
- Range of Motion
 - Full ROM
- Strengthening
 - Continue as above
 - Initiate jogging on treadmill
 - Lateral movements
 - Agility exercises
 - Full strength (at least 85-95% of unaffected leg) – use isokinetic test if needed