

**Andrew Zogby, MD**

Orthopaedic Surgeon, Sports Medicine Specialist

332 Santa Fe Drive, Suite 110

Encinitas, CA 92024

azogby@coreorthopaedic.com

(760) 943-6700

**Quad/Patellar Tendon Repair Rehabilitation**

\*Touchdown weight bearing for balance only the first 2 weeks with crutches at all times and the brace locked in extension at all times. NO knee ROM for 2 weeks.

\*Brace to be locked for ambulation until opened by MD

\*Weeks 3-4: Progress to weight bearing as tolerated with crutches/walker and brace

\*Weeks 5-6: Weight as tolerated with brace, may be off crutches

\* In the first 6 weeks, the brace should be worn at all times.

\*Knee Range of Motion

- Weeks 1-2: **Brace locked in full extension at all times, NO knee ROM**

- Weeks 3-4: 0-45 degrees

- Weeks 5-6: 0-90 degrees

- Week 7+ gradually progress range of motion as tolerated; no forcible manipulations

\* Begin isometric exercises in full extension immediately:

-quad setting

-heel slides (once brace unlocked)

-ankle pumps

-hamstring isometrics (once brace unlocked)

\* Begin exercise bike when range of motion permits and closed kinetic chain exercises at 6 weeks

\* Return to running at 3-4 months

\* Return to full sports 4-5 months

Please send progress notes.