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**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.