

## Patellar or Quadriceps Tendon Repair

	<b>Phase I: 0-2 weeks</b>	<b>Phase II: 3-4 weeks</b>	<b>Phase III: 5-6 weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• Progress to WBAT in brace locked in full extension</li> <li>• Discontinue crutches as tolerated</li> <li>• Brace locked in full extension while ambulating and sleeping</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT in brace locked in full extension</li> <li>• Brace locked in full extension while ambulating and sleeping</li> </ul>	
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• PROM 0-30° with emphasis on full extension</li> <li>• No AAROM or AROM</li> <li>• Patellar mobilization</li> <li>• Ankle pumps</li> <li>• After first week begin isometric quadriceps exercises               <ul style="list-style-type: none"> <li>▸ “quad sets” with VMO focus</li> <li>▸ straight leg raise with brace locked in full extension</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase I exercises</li> <li>• PROM 0-60° with emphasis on full extension</li> <li>• Begin AAROM 0-60° with knee flexion only (no AAROM extension)</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase II exercises</li> <li>• PROM 0-90° with emphasis on full extension</li> <li>• Begin AAROM 0-90° with knee flexion only (no AAROM extension)</li> <li>• Progressive straight leg raise program</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to reduce pain and swelling and improve muscle recruitment</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Reduce effusion</li> <li>• Protect healing tissue</li> </ul>	<ul style="list-style-type: none"> <li>• Pain control</li> <li>• Reduce effusion</li> <li>• Protect healing tissue</li> <li>• Achieve ROM 0-60°</li> </ul>	<ul style="list-style-type: none"> <li>• Protect healing tissue</li> <li>• Achieve ROM 0-90°</li> </ul>

	<b>Phase IV: 7-8 weeks</b>	<b>Phase V: 9-12 weeks</b>	<b>Phase VI: 13-16 weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT in brace locked in full extension</li> <li>• Brace locked in full extension while ambulating and sleeping</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT</li> <li>• Open brace to full ROM</li> <li>• Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation</li> </ul>	<ul style="list-style-type: none"> <li>• WBAT</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• None</li> </ul>	<ul style="list-style-type: none"> <li>• Stationary bike progression to improve ROM (begin with minimal resistance and elevated seat height)</li> <li>• Begin treadmill walking and elliptical machine as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Increase stationary bike, elliptical, and treadmill intensity</li> <li>• Begin pool running</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue Phase III exercises</li> <li>• Begin AROM 0-90°</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase IV exercises</li> <li>• Progress from full PROM → full AAROM → AROM as tolerated (begin with short arc quadriceps 0-30°)</li> <li>• Begin light closed chain quadriceps and hamstring strengthening when full ROM achieved</li> <li>• Begin balance and proprioception training (double-leg stance)</li> <li>• Begin 4-inch step-ups and step-downs when appropriate and progress in 2-inch increments per week as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Continue Phase V exercises</li> <li>• Progress closed chain strengthening</li> <li>• Begin open chain strengthening (gravity only → bands → light weights)</li> <li>• Begin plyometrics progression</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to improve motion and muscle recruitment</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>		
Goals	<ul style="list-style-type: none"> <li>• Progress ROM</li> <li>• Begin AROM</li> <li>• Begin strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Advance to full and symmetric ROM</li> <li>• Normalize gait</li> <li>• Begin aerobic exercise</li> <li>• Begin balance and proprioception</li> </ul>	<ul style="list-style-type: none"> <li>• Advance strengthening</li> <li>• Advance aerobic exercise</li> <li>• Begin plyometric program</li> <li>• Advance balance and proprioception</li> </ul>

	<b>Phase VII: 17+ weeks</b>
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> <li>• WBAT</li> </ul>
Aerobic	<ul style="list-style-type: none"> <li>• Continue Phase VI aerobic exercise</li> <li>• Begin walk-jog-run progression</li> </ul>
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> <li>• Continue Phase VI exercises</li> <li>• Advance plyometric exercises</li> <li>• Advance strengthening exercises</li> <li>• Begin multi-directional cutting and pivoting drills</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Modalities as needed to improve motion and muscle recruitment</li> <li>• Home Exercise Program (HEP) per discretion of Physical Therapist</li> </ul>
Goals	<ul style="list-style-type: none"> <li>• Gradual return to running when necessary criteria met</li> <li>• Return to sport-specific drills and full sports when necessary criteria met</li> </ul>

<b>Activity</b>	<b>Criteria for Participation</b>
Supervised running. Light sport-specific drills.	No pain or swelling. AROM 0° to >125°. Good control on jump downs. Quadriceps strength >75% contralateral side. Functional Hop Test >70% contralateral side.
Home running program. Backwards jogging. Figure-of-Eights. Zig-zags. Lateral shuffles. Progress to hops, jumps, cuts, and sport-specific drills. Begin to wean supervised PT.	Full ROM. Quadriceps strength >80% contralateral side. Functional Hop Test >85% contralateral side.
Full sports	Full ROM. Completion of running program. Functional Hop Test >90% contralateral side. Quadriceps and hip external rotators strength >90% contralateral side.