



PATELLAR/QUADRICEPS TENDON REPAIR PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____ Weeks 0-2:

- WBAT with brace in full extension, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping
- PROM 0-30 with emphasis on full extension (no AAROM/AROM)
- Patellar mobilization, ankle pumps

____ Weeks 2-4:

- WBAT with brace in full extension; brace locked at full extension while ambulating/sleeping
- PROM 0-60; may begin AAROM 0-60 but only with knee flexion (no AAROM extension)

____ Weeks 4-6:

- WBAT with brace in full extension; brace locked at full extension while ambulating/sleeping
- PROM 0-90; may begin AAROM 0-90 but only with knee flexion (no AAROM extension)

____ Weeks 7-8:

- WBAT with brace in full extension, brace locked at full extension while ambulating/sleeping
- Begin AROM knee flexion 0-90; Begin quad sets/isometric quad exercises (focus VMO)

____ Weeks 9-12:

- Open brace to full ROM; wean out of brace when able to SLR without lag
- Progress to full PROM → full AAROM → AROM as tolerated (begin with short arc quad 0-30)
- Begin light closed chain quad/HS strengthening when full ROM achieved
- Stationary bike/elliptical, normalize gait, treadmill walking program

____ Weeks 13-16:

- Advance closed/open chain strengthening
- Increase intensity on bike/treadmill/elliptical; multi-directional functional cord program

____ Weeks 17-20:

- Continue exercises as above; pool running program progressing to land program

____ Weeks 20+

- Progress running/gym program; Multi-directional cutting/pivoting drills

Signature _____ Date: _____