

PHYSICAL THERAPY PROTOCOL
QUADRICEPS / PATELLAR TENDON REPAIR

Weeks 0-2

Weightbearing: As tolerated with brace locked in extension (or cast), and with crutches

Hinged Knee Brace: Locked in extension for ambulation and sleeping, removed for PT

Therapeutic Exercises: patellar mobilization, quad sets, straight leg raise with brace locked calf pumps

Weeks 2-8

Weightbearing: As tolerated with brace locked in extension, discontinue crutches as able

Hinged Knee Brace: Locked in extension for ambulation and sleeping, removed for PT

Range of Motion: Week 2-3: 30 degrees; Week 3-4: 60 degrees; Week 4-6: 90 degrees

Weeks 8-12

Weightbearing/Brace: As tolerated with brace unlocked, wean from brace as able

Range of Motion: Advance gradually to full ROM

Therapeutic Exercises: Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, begin stationary bike whenable

Weeks 12-20

Rehabilitation Goals: Good dynamic neuromuscular control and no pain with multiplanar activities; functional sports specific progression

Therapeutic Exercises: Focus on single leg exercises, advance closed chain exercises

Begin elliptical at 12 weeks, swimming OK at 12 weeks

Straight ahead running, jumping and sport activities at 20 weeks or at surgeons discretion