

# Patellar and Quadriceps Tendon Repair Rehabilitation Protocol

## Sean Rockett, MD

### Immediate Post op (Weeks 0-4)

**Weightbearing:** As tolerated in hinged knee brace locked in extension

**Range of Motion:** Increase Range of Motion as tolerated to achieve Full ROM by 8-10 weeks.

**Therapeutic Exercise:** Begin patellar mobilization, scar massage

**Stairs:** Able to walk up and down stairs while using crutches or other assistance.

### Phase I (Weeks 4-8)

**Weightbearing:** As tolerated in the hinged knee brace locked in extension, may wean off the crutches as tolerated.

**Range of Motion:** AROM as tolerated according to above.

#### Therapeutic Exercise

- o Begin isometric quadriceps strengthening, straight leg raises at week 4
- o Patellar mobilization, scar massage

### Phase II (Weeks 9-16)

**Weightbearing:** As tolerated -- in unlocked hinged knee brace by week 10.

**Hinged Knee Brace:** Discontinue brace if patient is capable of straight leg raise with good quadriceps control.

**Range of Motion:** Should Achieve full ROM by 8-10 weeks.

#### Therapeutic Exercise

- o Continue with patellar mobilizations
- o Start stationary bicycle when ROM allows, Aquatic therapy
- o Begin progressive resistance exercises

### Phase III (Months 4-6)

**Weightbearing:** As tolerated

**Range of Motion:** Full and painless

#### Therapeutic Exercise

- o Continue with quadriceps strengthening, Focus on single leg strength
- o Start treadmill walking

### Phase IV (Months 6-12)

- o Gradual return to athletic activity as tolerated
- o Maintenance program for strength and endurance