

NAME: _____ DOS: _____

FREQUENCY/DURATION: ___ TIMES PER WEEK FOR ___ WEEKS

Quadriceps and Patella Tendon Repair

Phase 1 (weeks 0-3)

- Rehab Goals**
 - Protect post surgical repair
 - Minimize edema and pain
- Hinged Knee brace** locked in extension for ambulation and sleeping
 - Locked in extension for all activities (including sleeping)- removed for PT and showering (0-4 weeks)
- Weightbearing**
 - As tolerated, hinge brace locked in extension
- Range of Motion**
 - None; extension brace always donned except for therapeutic exercises
- Therapeutic Exercises**
 - Ankle Pumps
 - Quad sets, glute sets, hamstring sets
 - Patellar mobilization

Phase 2 (Weeks 4-10)

- Rehab Goals**
 - Maintain integrity of repair
 - Regain patellar mobility
 - Progress knee ROM
 - Improve quad strength/control and minimize extension lag
- Weightbearing**
 - As tolerated, hinge brace locked in extension
- Range of Motion**
 - PROM/AAROM
 - Week 4: 0-30 degrees
 - Week 5: 0-45 degrees
 - Week 6: 0-70 degrees
 - Week 8: 0-90 degrees
 - Week 10: hinged knee brace unlocked
- Therapeutic Exercises**
 - Patella and scar mobilization
 - Begin 4 way leg lifts (brace on)
 - Heel slides (to appropriate ROM)
 - SAQ, knee extensions
 - Heel raises, weight shifts (brace on)

Phase 3 (weeks 10-16)

- Rehab Goals**
 - Regain full AROM
 - Improve gait and WB tolerance
 - Improve strength
- Weightbearing**
 - As tolerated in unlocked hinge brace (discontinue at 12 weeks if they can SLR with no heel lag)
- Range of Motion**
 - Progress AAROM --> AROM as tolerated
 - Full flexion by 12-14 weeks
- Therapeutic Exercises**

- Stationary bike as ROM allows, aquatic therapy
- Include closed chain exercises
- Standing 4 way hip, progress resistance
- Mini squats, side stepping
- Terminal knee extension

Phase 4 (Months 4-6)

- Rehab Goals**
 - Maintain full and painless ROM
 - Normalize gait mechanics without brace
 - Regain strength, focus on SL strength
 - Eliminate muscle imbalances and compensations
- Weightbearing**
 - As tolerated without brace
- Range of Motion**
 - Full and painless ROM
- Therapeutic Exercises**
 - Squats, lunges
 - Resisted side steps, gait drills
 - Step ups, stair training
 - SLS and balance drills
 - Core strengthening
 - Begin treadmill walking progress to jogging at month 6

Phase 5 (Months 6+)

- Rehab Goals**
 - Maintain strength and endurance
 - Gradual return to sport/activities as tolerated
- Therapeutic Exercises**
 - Jogging on treadmill
 - Agility drills, dynamic balance
 - Eccentric strengthening