

PHYSICAL THERAPY PROTOCOL: Quad/Patellar Tendon Repair

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1 → 0-2 Weeks Post-Op

Weight Bearing:

- As tolerated with brace and crutches

Brace:

- On at all times locked in full extension, day and night
- Off for shower and exercises only

Exercises:

- Calf pumps, quad sets, heel slides, patellar mobility

Phase 2 → 2-8 Weeks Post-Op

Weight Bearing:

- Full weight bearing with brace on

Brace:

- 0-3 weeks have locked in full extension **at all times**
- 3-6 weeks open as tolerated from 0 to 30 degrees
- 6-9 weeks open as tolerated from 0 to 60 degrees
- 9-12 weeks open as tolerated from 0-90 degrees
- d/c brace at 12 weeks

Range of Motion:

- 0-6 weeks 0-30 degrees
- 6-9 weeks 0-60 degrees
- 9-12 weeks 0-90 degrees
- >12 weeks, progress as tolerated

Exercises:

- Advance Phase 1 exercises
- Add side lying hip, core, and glute exercises
- Begin weight bearing calf raises
- No weight bearing with flexion over 90 degrees

Phase 3 → 8-12 Weeks Post-Op

- Weight bearing full/as tolerated

Exercises:

- Begin closed chain activities
- Begin hamstring work, lunges/leg press 0 to 90 degrees, proprioception exercises, balance/core/hip/glute
- Start stationary bike when tolerated

Phase 4 → 12 Weeks-5 Months Post-Op

- **D/C Brace**

Exercises:

- Progress Phase 3 exercises and functional activities → single leg balance, core, glutes, eccentric hamstring, elliptical, and bike
- Swimming okay at 12 weeks
- Advance to sport specific drills and running/jumping after 20 weeks when cleared by Dr Makhni