



# GOLDEN STATE ORTHOPEDICS & SPINE

## Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

### Phase I (Weeks 4-10)

- **Weightbearing:** As tolerated in the hinged knee brace locked in extension
- **Hinged Knee Brace:** Progressive increase in flexion allowed under guidance of PT
  - Week 4: 0-30°, Week 5: 0-40°, Week 6: 0-70°, Week 8: 0-90°, Week 10: Unlocked
- **Range of Motion:** PROM and AAROM as tolerated according to restrictions above
- **Therapeutic Exercise**
  - Begin isometric quadriceps strengthening, straight leg raises
  - Patellar mobilization, scar massage

### Phase II (Weeks 10-16)

- **Weightbearing:** As tolerated -- in unlocked hinged knee brace until week 12
- **Hinged Knee Brace:** Completely unlocked for Weeks 10-12, Discontinue brace at Week 12 if patient capable of straight leg raise with good quad control
- **Range of Motion:** AAROM → AROM as tolerated, Goal: full flexion by week 12-14
- **Therapeutic Exercise**
  - Continue with patellar mobilizations
  - Start stationary bicycle when ROM allows, Aquatic therapy
  - Begin progressive resistance exercises/therabands

### Phase III (Months 4-6)

- **Weightbearing:** As tolerated
- **Range of Motion:** Full and painless
- **Therapeutic Exercise**
  - Continue with quadriceps strengthening, Focus on single leg strength
  - Start treadmill walking – progress to light jogging starting at month 6

### Phase IV (Months 6-12)

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

Comments:

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_