

# Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



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

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

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

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

## Phase I (Weeks 0-10)

- **Weightbearing:** As tolerated in the hinged knee brace locked in extension (**Week 0-4**)
- **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
  - Begin isometric quadriceps strengthening, straight leg raises o 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  $\square$  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/TheraBand

## 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: \_\_\_\_\_