

## Patellar/Quadriceps Tendon Repair Rehab Protocol

**POST OPERATIVE MANAGEMENT:**

Pain control with ice, elevation, compression, and anti-inflammatories

Post Op Time:	Exercise Progression / Restrictions
<b>Week 1-4</b>	<ul style="list-style-type: none"> <li>• First week, immobilizer NWB</li> <li>• 2<sup>nd</sup> week, WBAT with locked knee brace – set to flexion limit by surgeon</li> <li>• Initiate QS/SLR's. Abd./Add. Raises, calf exercises</li> </ul>
<b>Week 4-6</b>	<ul style="list-style-type: none"> <li>• Continue knee brace</li> <li>• <b>Work towards full active flexion (increase 15deg/wk) with passive extension</b></li> <li>• Progress 4-way hip/calf strengthening</li> </ul>
<b>Week 6-8</b>	<ul style="list-style-type: none"> <li>• <b>Follow MD orders regarding use of immobilizer (typically discontinued at 6weeks)</b></li> <li>• Progress AROM flexion and extension</li> <li>• Progress quadriceps, hamstring, calf strengthening</li> </ul>
<b>Week 8-14</b>	<ul style="list-style-type: none"> <li>• Progress strengthening as appropriate</li> </ul>
<b>Week 14-16</b>	<ul style="list-style-type: none"> <li>• Jogging progress to running</li> </ul>
<b>4-6 Months</b>	<ul style="list-style-type: none"> <li>• Begin agilities</li> </ul>
<b>6-8 Months</b>	<ul style="list-style-type: none"> <li>• Return to sports</li> </ul>

**Criteria for discharge:**

1. Full, pain free range of motion
2. Strength is equal bilaterally
3. Has met specific functional/activity goals
4. Has been cleared by physician