

## Quadriceps/Patellar Tendon Repair Post-op Physical Therapy Protocol

### **Week 0-6 Primary goals: Eliminate swelling; initial ROM**

- Foot flat touchdown weight bearing in brace (locked full extension) for 2 weeks, then advance to weight bearing as tolerated in brace (locked full extension).
- Brace:
  - 0-2 weeks: locked in extension at all times
  - 2-6 weeks: 0-30 degrees, advance 15-20 degrees per week to 0-90 by 6 weeks, no active extension
- ROM:
  - 0-2 weeks: locked in extension
  - 2-6 weeks: 0-30 degrees, advance 15-20 per week to 0-90.
- Exercises
  - 0-2 weeks: Quad sets, SLR, calf pumps
  - 2-6 weeks: Heel slides, 4-way leg lifts with brace locked in extension, gentle patellar mobilizations, weight shifting with brace on

### **Week 6-12 Primary goals: Increase ROM, Normalize Gait**

- Advance to full range of motion
- Discontinue brace as quad control returns with ambulation, at 6-8 week mark
- Active ROM
- Prone knee flexion
- Stationary bike
- Closed chain quadriceps control from 0-40 degrees with light squats and leg press, progressing to shallow lunge steps
- Avoid forceful eccentric contractions

### **Week 12-16 Primary goals: Increase strength**

- Normalize gait on all surfaces
- Single leg stance with good control for 10 secs
- Good control with squat to 70 deg of knee flexion
- Avoid forceful eccentric contractions
- Non-impact balance and proprioception

- Cardiovascular: Replicate sport/work specific energy demand

**Month 4-6 Primary goals: Full painless ROM, advanced strength**

- Advance strengthening as tolerated
- Maximize core, gluteal strength, pelvic stability, eccentric hamstrings
- Advance to elliptical, bike, pool as tolerate
- Begin agility and cutting activities when strength adequate

**Month 6+ Primary Goals: return to function/sport**

- Advance functional activity
- Return to sport specific activity when cleared by MD