



REHABILITATION GUIDELINES
PATELLAR/QUAD TENDON REPAIR

DOS:

	WEIGHT BEARING	BRACE	ROM	Exercises
PHASE 1 0-2 weeks	As tolerated with crutches and brace	Locked in full extension for sleeping and all activity x 6 weeks Off for PT exercises and bag over brace to shower 1 st week	0-2 wks: 0-45 degrees when non-weight bearing w/ PT assist No active extension	Heel slides, quad sets, patellar mobs, SLR w/ brace, calf pumps
PHASE 2 2-8 weeks	Full WB while in brace	6-8 wks: 0-90 degrees d/c brace at 8-10 wks based on quad control.	2-3 wks: 0-60 degrees 3-4 wks: 0-90 degrees 4-6 wks: 0-120 degrees 6-10 wks: Slowly progress to full ROM	Advance Phase 1 exercises: SLR in brace Add side-lying hip/core/glutes Begin WB calf raises Scar mobs 3-4 weeks when adequate healing No weight bearing with flexion >90 degrees Active extension begins @ 6 weeks.
PHASE 3 Begin at 8 wks 8-12 weeks Okay to begin plyometrics & running at 4 months post op	Full	None	Full	Progress closed chain activities, light strengthening, high rep low total resistance Begin Hamstring work, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes Being stationary bike when able
PHASE 4 12-20 weeks	Full	None	Full	Progress Phase 3 exercises and functional activities: single leg balance,



				core, glutes, eccentric hamstrings, elliptical and bike Swimming okay at 12 wks Advance to sport-specific drills after 20 wks once cleared by MD
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