



## Quadriceps/Patellar Tendon Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
<b>Phase 1</b> <b>Weeks 0-6</b> <b>2-3x/ week</b> <b>HEP daily</b>	Edema and pain control Protect surgical repair Maintain full extension Limit quad inhibition	Brace locked in extension when not performing exercises (includes gait and sleep) PWB 50% x4 wks then WBAT No active knee extension Avoid prolonged standing/walking  Knee flexion progression: Wks 0-2: 0-45° Wks 2-4: 0-60° Wks 4-6: 0-90°  CPM (MD directed)	Brace education Seated A/AA knee flexion in ROM limits Passive knee extension Quad re-education & isometrics SLR brace locked in extension Scar mobilization Patella mobilization Gait training
<b>Phase 2</b> <b>Weeks 6-12</b> <b>2-3/ week</b> <b>HEP daily</b>	ROM 0-125° No extensor lag Normalize gait Ascend 8" step	WBAT Brace locked gait & sleep Unlock 0-60° gait WEEK 8 No WB with flexion >90°  <b>Notify MD if knee flexion</b> <90° by 8 wks <110° by 10 wks	Gait training with flexion stop at 60° once patient demonstrates good quad control A/AA knee flexion Pool ambulation (if wound ok) Patellar mobilizations Short crank progressing to regular bike (flexion >110°) Leg press (bilateral 0-90°) Initiate forward step-up program Initiate squat program (wall slide) Proprioceptive exercises Retro-ambulation
<b>Phase 3</b> <b>Weeks 12-18</b> <b>2-3/week</b> <b>HEP daily</b>	Full ROM Descend 8" step Return to normal ADLs	WBAT DC brace Avoid aggravating injuries Avoid reciprocal stair descent No running or sport  Swimming OK	Continue flexion ROM Incorporate quadriceps flexibility exercises Advance closed chain exercise Initiate step-down program Isokinetic/isotonic knee extension Advanced proprioceptive training Agility training Elliptical
<b>Phase 4</b> <b>Weeks 18-26</b> <b>1-2x/ week</b> <b>HEP Daily</b>	No apprehension with sport specific movements Maximize strength Improve endurance Gradual return to activity	WBAT Avoid aggravating activities Return to sport (MD directed)  Running/jumping at 20 wks	Advance agility program/sport specific Plyometric program Forward running

### Physician Specific Considerations

- Dr. Below
  - Brace locked at all times without any knee flexion ROM until 4 weeks post-op
  - Rehab will likely start 4 weeks post-op or later
  - Strengthening not to begin until week 12 (other than quad activation in extension – quad sets, SLR)