



# QUADRICEPS AND PATELLAR TENDON REPAIR

## Phase I (Weeks 4–10)

- Weightbearing: As tolerated in the hinged knee brace locked in extension
- Hinged Knee Brace: Progressive increase in flexion allowed under guidance of PT
  - » Week 4: 0–30 degrees, Week: 5 0–40, Week 6: 0–70, Week 8: 0v90, Week 10 unlocked
- Range of Motion: PROM and AAROM as tolerated according to restrictions above
- Therapeutic Exercise:
  - » Begin isometric quadriceps strengthening, straight leg raises
  - » 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: AARM to 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/therabands

## 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