QUADRICEPS/PATELLA TENDON REPAIR REHABILITATION PROTOCOL**

This protocol was developed for patients who have had a quadriceps tendon repair. Post operatively, the patient will be placed in a knee immobilizer or hinged knee brace to protect the repair. Please note this protocol is a guideline. Patients with additional surgery will progress at different rates. Achieving the criteria of each phase should be emphasized more than the approximate duration.

**PHASE I: ~0-2 Weeks Postoperative**

**GOALS:**
- Protect the Repair
- Pain/Swelling Control
- Active ankle dorsiflexion
- Patella mobilization
- PROM 0-30°

**AMBULATION AND BRACE USE:**
Ambulate PWB with 2 crutches and brace on and locked in full extension

**EXERCISES:**
- Ankle Pumps
- Isometrics: quadriceps, hamstring, adductors
- NMES for quad as needed
- Ice/elevation

**PHASE II: ~3-6 Weeks Postoperative**

**GOALS:**
- Continue to Protect the Repair
- Continue with Pain/Swelling Control
- Progress PROM with a goal of 90 degrees by 6 weeks
- Hip/Core strengthening

**AMBULATION AND BRACE USE:**
WBAT with crutches/brace

**EXERCISES:**
- Isometrics: quadriceps, hamstring, adductors
- Hip Strengthening: hip abduction, hip adduction, hip extension
- Ankle Exercises: resisted dorsiflexion and plantarflexion
- Standing bilateral heel raises: brace locked

**PHASE III: ~7-12 Weeks Postoperative**

**GOALS:**
- Full ROM: as tolerated
- Discontinue use of assistive devices
- Normal gait pattern
- Progress lower extremity strengthening

**AMBULATION AND BRACE USE:**
Discharge brace, and progress off crutches as tolerated

**EXERCISES:**
- Begin SLR’s (with brace locked)
- Initiate closed chain strengthening: quarter squats; wall slides
- Hip and Core Strengthening
- Balance exercises
- Stationary bike

**PHASE IV: ~13-16 Weeks Postoperative**

**EXERCISES:**
- Gradually progress lower strengthening (OKC and CKC)
- Hip and Core Strengthening
- Balance and Proprioception Exercises
PHASE V: ~16-24 Weeks Postoperative

EXERCISES:
Strengthening: Continue with hip/core and LE
Walk-Jog Progression: begin interval jogging program
Plyometrics: initiate drop landings and progress as tolerated
Sport Specific Training: progress gradually

**This protocol is designed to be administered by a licensed physical therapist and/or certified athletic trainer. Please do not hesitate to contact our office should you have any questions concerning the rehabilitation process.