

University Orthopedics, Inc.  
Sports Medicine Division

**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

AMBULANCE 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.