

**Nikhil Verma, MD**  
**Lisa Raaf, MS, PA-C**  
**Amanda Pfeiffer, MMS, PA-C**  
**Lauren Rooney, MMS, PA-C**  
**1611 W. Harrison, Suite #300**  
**Chicago, IL 60612**  
**Vermapa@rushortho.com**  
**Fax: 708-409-5179**  
[www.sportssurgerychicago.com](http://www.sportssurgerychicago.com)

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ORTHOPAEDICS  
at RUSH



## **Post-Operative Rehabilitation Guidelines for Quadriceps or Patellar Tendon Repair**

- 0-6 Weeks:** WBAT, Brace locked in extension 0-2 weeks  
WBAT Brace unlocked to 30 degrees flexion 2-4 weeks  
WBAT Brace unlocked to 60 degrees flexion 4-6 weeks  
ROM: 0-30° Weeks 0-2  
0-60° Weeks 2-4  
0-90° Weeks 4-6  
Patella mobilization  
SLR supine with brace locked at 0 degrees, Quad Sets  
Ankle Pumps
- 6-12 Weeks:** Unlock brace for ambulating. Wean from brace as tolerated.  
May D/C crutches when gait normalized.  
Normalize ROM. No limits.  
Begin short crank ergometry and progress to  
Standard (170mm) ergometry (if knee ROM > 115 degrees)  
Advance quad strengthening  
Mini Squats / Weight Shift
- 3-6 Months:** Normal gait, WBAT with no assist  
Full, Normal ROM  
Leg Press, Squats  
Initiate running/jogging  
Isotonic Knee Extensions (90-40 degrees, closed chain preferred)  
Agility exercises (sport cord)  
Versaclimber/Nordic Track  
Normalize quad strength