



## Quadriceps or Patellar Tendon Repair

### Post-Operative Rehabilitation Protocol

#### 0-6 Weeks:

- WBAT, brace locked in extension 0-2 weeks
- WBAT, brace unlocked to 30° flexion 2-4 weeks
- WBAT, brace unlocked to 60° 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°, 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 (170 mm) ergometry (if knee ROM > 115°)
- Advance quad strengthening
- Mini squats / weight shifts

#### 3-6 Months:

- Mini squats / weight shifts
- Normal gait, WBAT with no assist
- Full, Normal ROM
- Leg Press, squats
- Initiate running/jogging
  - \*\*Plyo Prep Screen when initiating running and/or jumping. Schedule via QR code or email [spc@rushortho.com](mailto:spc@rushortho.com)
- Isotonic knee extensions (90-40°, closed chain preferred)
- Agility exercises (sport cord)
- VersaClimber/Nordic Track
- Normalize quad strength
- \*\*Lower Body Assessment when initiating return to activity progression. Schedule via QR code or email [spc@rushortho.com](mailto:spc@rushortho.com)

