

Rehabilitation Protocol for Patellar or Quadriceps Tendon Repair



Dr. Feinstein

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE	RESTRICTIONS
PHASE I 0-4 WEEKS	TTWB with crutches and brace locked	<ul style="list-style-type: none"> • Brace locked in extension • Unlocked for ROM exercises & hygiene 	<ul style="list-style-type: none"> • Begin ROM after wk 2: 0-45° • Add 10-15° per week as tolerated • Encourage full extension 	<ul style="list-style-type: none"> • Heel props • Scar desensitization • Patellar mobs 	<ul style="list-style-type: none"> • NO SLR*** • AVOID VALGUS STRESS
PHASE II 4-6 WEEKS	WBAT with crutches and brace locked	<ul style="list-style-type: none"> • Brace locked in extension for walking • May unlock for sedentary activity 	Continue to progress motion per phase I	<ul style="list-style-type: none"> • Sub maximal quad isometrics (25%) • Patellar mobs 	<ul style="list-style-type: none"> • NO SLR*** • AVOID VALGUS STRESS • No active knee extension, Flexion 90 max
PHASE III 6-12 WEEKS	WBAT Discontinue crutches when normal gait	<ul style="list-style-type: none"> • Brace unlocked 0-90° • Wean out when normal gait & adequate quad control 	Progressive active and gradual passive knee flexion Stretch all uninvolved muscle groups	<ul style="list-style-type: none"> • Quad sets • Progressive SLR (in brace & progress out) • Wall slides to 45 degrees • Partial squats • Progressive walking on level surfaces 	<ul style="list-style-type: none"> • Avoid FWB on stairs • Limit open- & closed-chain knee extension arc to 0-30
PHASE IV 12-16 WEEKS	FWB	Neoprene support as needed	<ul style="list-style-type: none"> • Full ROM • Stretch all muscle groups 	<ul style="list-style-type: none"> • Step up-down progression • Cautious use of weight training machines • Walking on level surfaces & inclines 	<ul style="list-style-type: none"> • Avoid jumping • Step up stairs gradually
PHASE V 16-20 WEEKS	FWB	Neoprene support as needed	<ul style="list-style-type: none"> • Full ROM • Stretch all muscle groups 	<ul style="list-style-type: none"> • Progressive strengthening • Walk to jog progression 	<ul style="list-style-type: none"> • Step down stairs gradually • Avoid overload
PHASE VI 20+ WEEKS	FWB	Neoprene support as needed	<ul style="list-style-type: none"> • Full ROM • Stretch all muscle groups 	<ul style="list-style-type: none"> • Progressive strengthening • Progressive run / agility Jump training after 24 weeks 	<ul style="list-style-type: none"> • Proceed with caution • Avoid overload

Patients may return to sports after 6 months if appropriate (motion regained and strength 85-90% contralateral side) pending physician exam.

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*If you have any problems or questions, please call your doctor's office (8am-5pm).
Answering service for after hours.*

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