

Rehabilitation Protocol:

**Patellar / Quadriceps Tendon Repair**

	<b>Weight Bearing</b>	<b>Brace Use</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 - 2 weeks</b>	TDWB with crutches.	Locked in extension at all times. Remove for exercises.	0-30°. A/AA flexion, Passive extension. Unless otherwise stated.	Quad sets, hamstring isometrics, co-contractions, ankle pumps. Regain full extension. May start BFR. SLR with brace locked.
<b>2 - 6 weeks</b>	WBAT with crutches.	Locked for weight bearing.  Brace progressively opened to 90° for sitting.	Advance flexion by 30° per weeks. A/AA flexion, Passive extension.	Modalities: heat before, ice after. Quad stim.
<b>6 - 8 weeks</b>	Full weight (FWB), wean off crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	SLR out of brace. Begin progressive closed chain exercise. Stationary bicycle.
<b>8 - 10 weeks</b>	FWB with normal gait.	None.	Full A/PROM.	Advance closed chain exercise. Balance exercises.
<b>PHASE II</b> <b>10 - 16 weeks</b>	FWB.	None.	Full A/PROM.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE III</b> <b>4 - 5 months</b>	FWB.	None.	Full.	Start progressive running program. Sports specific drills.
<b>PHASE IV</b> <b>5 - 6 months</b>	FWB.	None.	Full.	Continue advanced strength training.  Consider return to high impact sports.