



**UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY
SPORTS MEDICINE**

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Quadriceps tendon/patellar tendon tear repair

PHASE I

Weeks 2 to 4 post-operatively

- Begin active flexion and passive extension ROM 0-45. WBAT in extension only. Lock brace in extension at night. Can do quad sets with brace locked in extension

Weeks 4 to 6

- Increase ROM to 0-90. Continue WBAT in extension only.

PHASE II

Weeks 6 to 8

- Begin active extension in addition to active flexion. Begin WBAT with 0-45 in brace. Can remove brace at night for sleeping

Weeks 8 to 10

- Increase weight bearing motion from 0-90. Begin stationary bike no resistance

Weeks 10 to 12

- Discontinue the use of knee brace. Progressive strengthening, gait, proprioception, treadmill, pool, core

If questions please call Dr. Thomas Kremen at (310) 825-7077