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Rehabilitation Protocol for Patella and Quadriceps Tendon Repair

You have undergone a repair of your knees extensor mechanism. It is vital to protect this repair in order to achieve your best outcome. This protocol outlines your restrictions and physical therapy goals specific to each phase of your recovery.

Phase 1 Weeks 1-3 (Immediate Post Op)

- Wear brace locked at 0 degrees of extension
- May weight bear to tolerance with brace on and utilize crutches for support and balance
- May begin knee ROM(range of motion) 0-30 with heel slides
- Perform quadriceps isometrics, calf pumps
- Avoid stairs
- Keep incision clean and dry. May shower if you cover incision with waterproof bandage (tegaderm or op site - you may purchase these at drug store)
- **No baths or hot tubs**

Phase 2 Weeks 4-6 (Continued Protection)

- Continue brace locked in extension
- Continue WBAT with brace
- Begin to increase ROM with goal of 90 degrees by 6 weeks
- Quadriceps isometrics, active and passive knee flexion, side leg lifts, toe raises, calf pumps. **NO ACTIVE KNEE EXTENSION**
- May shower, **but no baths or hot tubs**

Phase 3 Weeks 7-12 (Begin active motion)

- May wean from brace as gain good quad control and may safely walk without support
- Increase ROM in flexion as tolerated
- Limit active knee extension arc from 0-30 degrees
- Begin straight leg raises and stationary bike
- Continue with quad sets, calf pumps, toe raises, side leg lifts
- Avoid full weight bearing on stairs

Phase 4 Weeks 13-20 (Strengthening)

- Progressive quadriceps strengthening with step ups, light short arc squats
- May begin elliptical and walking on treadmill



Phase 5 Weeks 21+ (Return to activity)

- May begin walk-jog transition
- May begin stepping down stairs
- May begin jumping, speed and agility drills