Post-operative Rehabilitation Protocol

Patellar/Quadriceps Tendon Repair

General Guidelines

- Physical therapy should begin 5-7 days after surgery
- You will be weight bearing as tolerated with <u>brace locked in extension</u> for 6 weeks, unless otherwise directed by MD
- Rest, ice, compression, elevation recommended for first 48 hours
- Contact therapist or physician with any questions/concerns

	Range of Motion	Brace	Exercises
Phase 1 – Early protection Weeks 0 - 6	0-2 wks: 0 – 45° 2-4 wks: 0 – 60° 4-6 wks: 0 - 90°	0-6 wks: Locked in extension full time, except during PT	Exercises: Straight leg raise with brace locked, Quad sets, ankle pumps, patellar mobilizations
Phase 2 – Early Loading Weeks 6 - 12	Progress to full ROM	Wean out of brace once good quad control	Exercises: Begin stationary bike at 6-8 weeks as tolerated. Once normalized, pain-free gait → begin balance exercises, mini squats, weight shifts
Phase 3 – Strength Weeks 12 - 20	Full, pain-free ROM	None	Exercises: Progress strengthening. Begin single leg strengthening/balance. Add elliptical at 12 weeks. Advance bike resistance. Build walking endurance
Phase 4 – Resume activities Weeks 20+	Full, pain-free ROM	None	Progress phase 3 exercises. May begin light jogging as comfortable. Add sport-specific training. Criteria to return to sports: At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport-specific activities. MD Clearance Encourage maintenance program based on functional sports assessment

