

**QUADRICEPS/PATELLAR TENDON REPAIR PROTOCOL
DR.FRIEDLAND**

WEEKS 0-2

- NWB
- Brace locked at 0 degrees
- ROM 0-30 degrees
- NO ACTIVE KNEE EXTENSION

THERAPEUTIC EXERCISES:

- ankle pumps
- patellar mobilizations
- seated hamstring stretch
- seated gastroc stretch with towel
- isometric glut, quad and hamstring sets

WEEKS 2-6

- Physical therapy 1 x per week.
- NWB
- Brace locked at 0
- Progress ROM 10-15 degrees per week up to 90 degrees.

THERAPEUTIC EXERCISES:

- Patellar mobilizations
- SLR
- 4 way leg lifts
- Heel slides

WEEKS 7-12

- physical therapy 1 x per week
- WBAT
- D/C crutches and brace per physician at 8 weeks or until good/protective quad control
- Brace locked for ambulation until 8 weeks

THERAPEUTIC EXERCISES

- Continue appropriate exercises from above
- Weight shifts progressing to single leg stand

WEEKS 12-16

- Continue PT 1 x per week
- Normalize gait mechanics on level and stairs.

THERAPEUTIC EXERCISES

- Single leg stand 10 seconds
- Squat and lunge to 70 degrees of knee flexion
- Full AROM knee flexion and extension.
- Balance and proprioception progressions
- Core strength and stability
- Quadriceps strengthening SAQ and LAQ
- Functional movement exercises
- Stationary bike, elliptical or stairmaster for cardiovascular endurance

WEEKS 16-20

- therapy once every other week
- goal of no pain with sport and work activities

THERAPEUTIC EXERCISES

- impact control exercises
- movement control exercises (low to high velocity, single to multi-plane)
- sport and work specific exercises
- hip and core strength

PRECAUTIONS:

- avoid running with a limp
- post-activity soreness should resolve within 24 hours.

RETURN TO WORK/SPORT

- Dynamic neuromuscular control with multi-plane activities without pain or swelling

This protocol provides the clinician with general guidelines for the rehabilitation of the patient following quadriceps or patellar tendon repair.

Questions regarding the progress of a specific patient are encouraged, and should be directed to Twin Cities Orthopedic Rehabilitation Department at 952442-8201 or at rehabprotocols@tcomn.com