

Rehabilitation Protocol: Quad/Patellar Tendon Repair

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Post-Operative

- First PT visit 2 weeks post surgery
- Passive or active-assistive ROM for full extension and 0-30° flexion per MD discretion
- TTWB crutch gait for 6 weeks with brace locked at 0°
- Brace locked at 0° for all activities except therapeutic exercise
- **Therapeutic exercise:**
 - A.A.ROM for flexion (see above) and full extension
 - Isometric quad, ham, adductor and abductor
 - Ankle theraband exercises
- Water precautions

Week 2-6

- PT as necessary to meet goals
- Passive or active-assistive ROM. Add 15° flexion each week with a goal of 90° at 6 weeks. Advance beyond 90° after 6 weeks.
- Remove suture from incision and re-apply steri-strips at 2 weeks
- TTWB crutch gait with brace locked at 0°
- **Therapeutic exercise:**
 - As above
 - Upper extremity exercise okay

Week 6-12

- PT as necessary to meet goals
- DC brace at 6 weeks
 - PWB with crutches
 - Progress to FWB gait as tolerated
- **Therapeutic exercise:**
 - A.A.ROM and gentle stretching
 - Lower extremity PRE's with low weight / high repetition
 - Stationary bicycle
 - Impact activities per MD

Protocol Modifications:

Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____