

## Quad/Patellar Tendon Repair Rehabilitation

| <u>Postop</u>                                   | <u>Goals</u>  | <u>Precautions</u>   | <u>Exercises</u>   |
|---|---|--|--|
| <b>Weeks 0-6</b><br>PT 2-3x/week<br>HEP daily   | Edema and pain control<br>Protect surgical repair<br>Maintain full extension<br>Limit quad inhibition<br>ROM 0-60°    | Brace locked in extension when not performing exercises (includes ambulation and sleep)<br>PWB (50%) x4 weeks then advance to WBAT<br>No active knee extension<br>Avoid prolonged standing/walking<br><br><b>Knee flexion progression:</b><br>Weeks 0-2: 0-45°<br>Weeks 2-4: 0-60°<br>Weeks 4-6: 0-90° | Brace education<br>CPM (MD directed)<br>Seated A/AA knee flexion within limits<br>Passive knee extension<br>Quadriceps re-education & isometrics<br>SLR brace locked in extension<br>Scar mobilization<br>Patella mobilization<br>Gait training  |
| <b>Weeks 6-12</b><br>PT 2-3x/week<br>HEP daily  | ROM 0-125°<br>No extensor lag<br>Normalize gait<br>Ascend 8" step   | WBAT<br>Brace locked ambulation & sleep<br>Unlock 0-60° ambulation (week 8)<br>No WB with flexion >90°<br><br><b>Notify MD if knee flexion</b><br><90° by 8 weeks<br><110° by 10 weeks   | Gait training with flexion stop at 60° once patient demonstrates good quad control<br>A/AA knee flexion<br>Pool ambulation (if wound OK)<br>Patellar mobilizations<br>Short crank → regular bike (flexion >110°)<br>Leg press (bilateral 0-90°)<br>Initiate forward step-up program<br>Initiate squat program (wall slide)<br>Proprioceptive exercises<br>Retro-ambulation |
| <b>Weeks 12-18</b><br>PT 2-3x/week<br>HEP daily | Full ROM<br>Descend 8" step<br>Return to normal ADLs  | WBAT<br>DC brace<br>Avoid aggravating activities<br>Avoid reciprocal stair decent<br>No running or sport<br><br>Swimming OK at 12 weeks  | Continue flexion ROM<br>Incorporate quadriceps flexibility exercises<br>Advance closed chain exercise<br>Initiate step-down program<br>Progress squat program<br>Isokinetic/isotonic knee extension<br>Advanced proprioceptive training<br>Agility training<br>Elliptical  |
| <b>Weeks 18-26</b><br>PT 1-2x/week<br>HEP daily | No apprehension with sport specific movements<br>Maximize strength<br>Improve endurance<br>Gradual return to activity | WBAT<br>Avoid aggravating activities<br>Return to sport (MD directed)<br><br>Running/jumping at 20 weeks   | Advance agility program/sport specific<br>Plyometric program<br>Forward running  |