

PATELLAR OR QUAD TENDON REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • TTWB with brace in place, use of crutches • Brace locked at full extension while ambulating and sleeping • Patellar mobilization, ankle pumps
Weeks 3-4	<ul style="list-style-type: none"> • WBAT with brace in full extension; brace locked at full extension while ambulating/sleeping • PROM 0-30°; may begin AAROM 0-30° but only with knee flexion (no AAROM extension)
Weeks 5-6	<ul style="list-style-type: none"> • WBAT with brace in full extension; brace locked at full extension while ambulating/sleeping • PROM 0-60°; may begin AAROM 0-60° but only with knee flexion (no AAROM extension)
Weeks 7-8	<ul style="list-style-type: none"> • WBAT with brace in full extension; brace locked at full extension while ambulating/sleeping • Begin Passive, Active-Assisted and Active ROM knee flexion 0-90°; begin quad sets/isometric quad exercises (focus on VMO)
Weeks 9-12	<ul style="list-style-type: none"> • Open brace to full ROM; wean out of brace when able to SLR without lag • Progress to full PROM→full AAROM→AROM as tolerated (begin with short arc quad 0-30°) • Begin light closed chain quad/HS strengthening when full ROM achieved • Stationary bike/elliptical, normalize gait, treadmill walking program
Weeks 13-16	<ul style="list-style-type: none"> • Advance closed/open chain strengthening • Increase intensity on bike/treadmill/elliptical; multi-directional functional cord program
Weeks 17-20	<ul style="list-style-type: none"> • Continue exercises as above; pool running program progression to land
Weeks 20+	<ul style="list-style-type: none"> • Progress running/gym program; multi-directional cutting/pivoting drills