

QUADRICEPS TENDON AND PATELLA TENDON REHAB PROTOCOL

Phase 1 – 0-6 weeks post op:

Brace: Brace locked in full extension except for bathing and range of motion exercises as outlined below.

Weight bearing: Weight-bear as tolerated with crutches or walker with the knees fully extended in the brace, and the brace locked in extension.

Strength/muscle activation: Straight leg raises and quad sets in the braces locked in extension. Ankle pumps and hip abduction exercises in the brace.

Range of motion (only passive extension, no active extension):

0-2 weeks post op – no range of motion

2-3 weeks post op – 0 – 45 degrees

3-4 weeks post op – 0 – 60 degrees

4-6 weeks post op – 0 – 90 degrees

Precautions: No active knee extension. Do the knee range of motion exercises prone or with assistance to avoid active knee extension.

Phase 2 – 6 weeks – 4 months

Brace: Wean from brace

Weight Bearing: Gait training. Weight bear as tolerated without brace. May need crutches initially after discontinuing the brace. Light resistance on exercise bike can begin after 8 weeks.

Strengthening:

6-12 weeks post op - Continue with strengthening exercises that do not load the knee in flexion. This should include quad sets, straight leg raises, hip abduction and adduction, calf raises, etc.

After 12 weeks – Begin with light closed chain quad strengthening and progress gradually as tolerated. Leg press, squats, lunges, etc. Avoid plyometrics until 4 months post op.

Range of motion: Progress with passive flexion stretching with goal of achieving full flexion. Active and passive flexion and extension permitted.

Phase 3: 4 months and after

Continue Phase 2 plan, adding high impact activity such as jogging as tolerated according to patient's goals. Begin return to play progression, with goal of returning to sports or other activities at 5-6 months or after.