

## **PATELLAR/QUADRICEPS TENDON REPAIR PROTOCOL**

### **Phase I – (Weeks 6 -12)**

#### **Weeks 6-8:**

Brace locked in full extension  
Partial weight bearing for 2 weeks with ambulatory assist  
Ice and modalities to reduce pain and inflammation  
Aggressive patella mobility drills  
Range of motion -0 to 90 knee flexion

#### **Weeks 8-10:**

Weight bearing as tolerated; progressing off crutches. Brace locked in extension.  
Continue with inflammation control  
Continue with aggressive patella mobility  
Range of motion – 0 to 120  
Heel slides to 30 deg  
Quad sets  
Hamstring stretches  
Foot/ankle mobility  
Ice and modalities prn

#### **Weeks 10-12:**

Full weight bearing brace unlocked to 90 degrees.  
Continue with aggressive patella mobility  
Range of motion – progress to full ROM  
Increase intensity of quadriceps sets  
Continue heel slides  
SLR all directions  
Hamstring stretches  
Ice and modalities prn

### **Phase II – Progressive ROM and Strengthening (Weeks 12-16)**

#### **Weeks 12-14:**

Full weight bearing (likely d/c brace; surgeon discretion)  
Continue with swelling control and patella mobility  
Gradually progress to full range of motion  
Begin closed kinetic chain strengthening focusing on quality VMO function  
Normalize gait pattern  
Begin stationary bike  
Initiate aquatic therapy

#### **Weeks 8 to 10**

Continue with patella mobility  
Normalize gait pattern  
Restore full ROM  
Progress open and closed kinetic chain program from bilateral to unilateral  
Increase intensity on stationary bike  
Begin treadmill walking program forward and backward  
Begin elliptical trainer

**Weeks 14-16:**

Full ROM

Terminal quadriceps stretching

Advance unilateral open and closed kinetic chain strengthening

**Phase III – Progressive Strengthening (Weeks 16-20)**

**Weeks 16-20:**

Advance open and closed kinetic chain strengthening

Increase intensity on bike, treadmill, and elliptical trainer

Begin gym strengthening: leg press, hamstring curls, ab/adduction

Avoid lunges and knee extensions

Begin multi-directional functional cord program

**Phase IV – Advanced Strengthening and Functional Drills (Week 20 and beyond)**

**Week 20 and beyond:**

May begin leg extensions 30 to 0 progressing to full ROM as patellofemoral arthrokinematics normalize

Begin pool running program advancing to land as tolerated