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REHAB PROTOCOL: Patellar Tendon or Quadriceps Tendon Repair

Name:_____ **Date:**_____ -

Diagnosis:_____ **Date of Surgery:**_____

Phase I (Protection phase): Weeks 1-8

Immobilization

- WBAT in a brace locked in extension (can discontinue crutches at 4-6 weeks if good quad control)

Exercises guidelines

- PROM and AAROM of knee
 - **Weeks 0-3:** 0-30 degrees
 - **Weeks 3-5:** 0-45 degrees
 - **Weeks 5-6:** 0-60 degrees
 - **Weeks 6-8:** 0-90 degrees
- Patellar mobilization
- Calf pumps
- Submaximal isometric contraction (quad sets)
- Isometric hamstring exercises
- Contralateral LE strengthening
- Straight leg raise without resistance at 6 weeks

Phase II (Active range of motion) Weeks 8-12

Immobilization

- WBAT in a unlocked hinged brace (if no extension lag and good quad control)

Exercises guidelines

- AROM and AAROM
- Progress to full ROM by week 12
- Stationary bike (if ROM allows)



Phase III (Strengthening phase) 3 -4.5 months

Immobilization

- WBAT; Discontinue brace

Exercise Guidelines

- Continue ROM
- End range stretching
- Continue isometrics-->resistance strengthening

Phase IV (Advanced Strengthening phase) 4.5 months and beyond

Exercise Guidelines

- Continue strengthening
- Focus on single leg strength
- Start treadmill walking and advance to light jogging program
- Advance activity level
- May begin jumping when ipsilateral strength is 85-90% of contralateral extremity
- **Gradual return to sport/activity at 6 months**

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____