Jared Smith, MD
Quadriceps/Patella Tendon Repair

Postop	Goals	Precautions	Exercises

Weeks 0-6
PT 2-3x/week
HEP daily
	Edema and pain control
	Protect surgical repair
	Maintain full extension
	Limit quad inhibition
	ROM 0-60°
		Brace locked in extension when not performing exercises (includes ambulation and sleep)
		PWB (50%) x4 weeks then advance to WBAT
		No active knee extension
		Avoid prolonged standing/walking
		
		Knee flexion progression:
		  Weeks 0-2: 0-45°
		  Weeks 2-4: 0-60°
		  Weeks 4-6: 0-90°
			Brace education
			CPM (MD directed)
			Seated A/AA knee flexion within limits
			Passive knee extension
			Quadriceps re-education & isometrics
			SLR brace locked in extension
			Scar mobilization
			Patella mobilization
			Gait training

Weeks 6-12 PT 2-3x/week HEP daily	ROM 0-125° No extensor lag Normalize gait Ascend 8" step	WBAT Brace locked ambulation & sleep Unlock 0-60° ambulation (week 8) No WB with flexion >90° **Notify MD if knee flexion** <90° by 8 weeks <110° by 10 weeks	Gait training with flexion stop at 60° once patient demonstrates good quad control A/AA knee flexion Pool ambulation (if wound OK) Patellar mobilizations Short crank → regular bike (flexion >110°) Leg press (bilateral 0-90°) Initiate forward step-up program Initiate squat program (wall slide) Proprioceptive exercises Retro-ambulation
Weeks 12-18 PT 2-3x/week HEP daily	Full ROM Descend 8" step Return to normal ADLs	WBAT DC brace Avoid aggravating activities Avoid reciprocal stair decent No running or sport Swimming OK at 12 weeks	Continue flexion ROM Incorporate quadriceps flexibility exercises Advance closed chain exercise Initiate step-down program Progress squat program Isokinetic/isotonic knee extension Advanced proprioceptive training Agility training Elliptical
Weeks 18-26 PT 1-2x/week HEP daily	No apprehension with sport specific movements Maximize strength Improve endurance Gradual return to activity	WBAT Avoid aggravating activities Return to sport (MD directed) Running/jumping at 20 weeks	Advance agility program/sport specific Plyometric program Forward running