

## Rehabilitation Protocol: Quad/Patellar Tendon Repair

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

**Post-Operative**

- First PT visit 2 weeks post surgery
- Passive or active-assistive ROM for full extension and 0-30° flexion per MD discretion
- TTWB crutch gait for 6 weeks with brace locked at 0°
- Brace locked at 0° for all activities except therapeutic exercise
- **Therapeutic exercise:**
  - A.A.ROM for flexion (see above) and full extension
  - Isometric quad, ham, adductor and abductor
  - Ankle theraband exercises
- Water precautions

**Week 2-6**

- PT as necessary to meet goals
- Passive or active-assistive ROM. Add 15° flexion each week with a goal of 90° at 6 weeks. Advance beyond 90° after 6 weeks.
- Remove suture from incision and re-apply steri-strips at 2 weeks
- TTWB crutch gait with brace locked at 0°
- **Therapeutic exercise:**
  - As above
  - Upper extremity exercise okay

**Week 6-12**

- PT as necessary to meet goals
- DC brace at 6 weeks
  - PWB with crutches
  - Progress to FWB gait as tolerated
- **Therapeutic exercise:**
  - A.A.ROM and gentle stretching
  - Lower extremity PRE's with low weight / high repetition
  - Stationary bicycle
  - Impact activities per MD

**Protocol Modifications:**

**Comments:**

Frequency: \_\_\_\_\_ times per week

Duration: \_\_\_\_\_ weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_