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Patellar/Quadriceps Tendon Repair: Post-Operative Rehabilitation Protocol

Week 1:

Weight-bearing status: touch-down weight-bearing.

Brace: locked in full extension

Exercises: Isometric quad sets
Straight leg raises as tolerated
Modalities as indicated

Week 2-8:

Weight-bearing status: May start to WBAT with brace locked in extension.

Brace: locked in extension when mobile

ROM: begin active prone flexion, 0 - _____ degrees
0 - _____ degrees with gravity assisted extension
Increase flexion by 10-15 degrees per week as tolerated.

If available: slide board assisted extension with active flexion in place of prone flexion.

Exercises: Continue modalities, isometric quad sets, and SLR as tolerated.
Quad stim, edema control, calf strengthening.
Patellar mobilization.
Scar massage.
Can strengthen hamstrings with open chain exercises as tolerated within comfortable range of motion
When able to perform SLR, may ambulate in brace with ROM blocked from 0-45 degrees of flexion.
May discontinue brace at 6 weeks as tolerated.

Weeks 8-12:

Weight-bearing status: weight bearing as tolerated

ROM: continue to work toward full range of motion

Exercises: Begin gentle progressive quad extension exercises with gravity resistance followed by progressive theraband resistance.

Resistance exercises in the range of 45-90 degrees for weeks 8-10 and 0-90 degrees from week 10 on.

Begin low resistance stationary bicycle exercises with seat height elevated to comfort level.

Week 12+:

May begin elliptical machine, jogging, strengthening as tolerated.

Return to sports if isokinetic strength testing 85% of opposite leg in 4-6 months.