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**Post-Operative Rehabilitation Guidelines for
Quadriceps/Patellar Tendon Repair**

0-6 Weeks:

- No formal PT
- Ankle pumps
- WBAT with crutches
- NO KNEE FLEXION
- Brace to be worn at all times except bathing/clothing

6- 12 Weeks

- WBAT, Brace locked in extension all times except with therapy
 - ROM:
 - 0° Weeks 0-6
 - 0-30° Weeks 6-8
 - 0-60° Weeks 8-10
 - 0-90° Weeks 10-12
 - Patella mobilization
 - SLR supine with brace locked at 0 degrees, Quad Sets
 - Ankle Pumps

12-16 Weeks:

- Unlock brace for ambulating. Wean from brace as tolerated.
- May D/C crutches when gait normalized.
- Normalize ROM. No limits.
- Begin short crank ergometry and progress to
- Standard (170mm) ergometry (if knee ROM > 115 degrees)
- Advance quad strengthening
- Mini Squats / Weight Shift

4-6 Months:

- Normal gait, WBAT with no assist
- Full, Normal ROM
- Leg Press, Squats
- Initiate running/jogging
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Normalize quad strength

