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Post-Operative Rehabilitation Guidelines for Quadriceps or Patellar Tendon Repair

- 0-6 Weeks:** WBAT, Brace locked in extension 0-2 weeks
WBAT Brace unlocked to 30 degrees flexion 2-4 weeks
WBAT Brace unlocked to 60 degrees flexion 4-6 weeks
ROM: 0-30° Weeks 0-2
0-60° Weeks 2-4
0-90° Weeks 4-6
Patella mobilization
SLR supine with brace locked at 0 degrees, Quad Sets
Ankle Pumps
- 6-12 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
- 3-6 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