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Post-Operative Rehabilitation Guidelines for Patellar and Quadriceps 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