

ANDY BRIEN, MD

Patellar and Quadriceps Tendon Repair

	Weight Bearing	Brace	ROM	Therapeutic Exercise	Return to run/sports	Restrictions
Phase I 0-1 Weeks	TTWB with crutches	Brace locked in extension	None	Ankle pumps	None	No WB on flexed knee, No stairs
Phase II 2-6 Weeks	WBAT with crutches	Brace locked in extension for walking	Gradual active knee flexion with goal of 90 by week 6 CPM per MD	Sub maximal quad isometrics, side leg raises, toe raises, patellar mobs	None	No SLR, No active knee extension, No stairs, Flexion 90 max
Phase III 6-12 Weeks	Advance to FWB Discontinue crutches when normal gait	Brace open 0-90 Wean per MD	Progressive active and gradual passive knee flexion Stretch all uninvolved muscle groups	Quad sets, Progressive SLR, Wall slides to 45 deg, Partial squats, patellar mobs	Progressive walking on level surfaces Stationary bike	Avoid FWB on stairs Limit OC and CC knee extension arc to 0-30
Phase IV 12-16 Weeks	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Step up-down progression Cautious use of weight training machines	Walking on level surfaces and inclines	Avoid jumping Step up stairs gradually
Phase V 16-20 Weeks	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Progressive strengthening Avoid overload	Walk to jog progression	Step down stairs gradually
Phase VI 20 Weeks and beyond	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Progressive strengthening Avoid overload	Progressive run / agility Jump training after 24 weeks	Proceed with caution

* Initial limits to range of motion to be determined by physician at time of surgery.

Patients may return to sports after 6 months if appropriate (motion regained and strength 85-90% contralateral side) pending physician exam.