



## Rehabilitation Protocol: Patellar / Quadriceps Tendon Repair

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
<b>PHASE I</b> 0 -2 weeks	As tolerated (WBAT) with crutches.	Locked in extension at all times. Remove for exercises.	0-45 degs. A/AA flexion, Passive extension.	Quad sets, hamstring isometrics, co-contractions, ankle pumps. Regain full extension.
2-6 weeks	WBAT with crutches.	Locked for weight bearing.  Brace progressively opened to 90 degs. for sitting.	0-90 degs. A/AA flexion, Passive extension.	
6-8 weeks	Full weight (FWB), wean off crutches.	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	SLR. Begin progressive closed chain exercise. Bicycle.
8-10 weeks	FWB with normal gait.	None.	Full A/PROM.	Advance closed chain exercise. Balance exercises.
<b>PHASE II</b> 10 -16 weeks	FWB.	None.	Full A/PROM.	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE III</b> 4-5 months	FWB.	None.	Full.	Start progressive running program. Sports specific drills.
<b>PHASE IV</b> 5-6 months	FWB.	None.	Full.	Continue strength training.  Consider return to high impact sports.

### LOCATIONS

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