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POST-OPERATIVE REHABILITATION PROTOCOL

Quadriceps or Patellar Tendon Repair

- TWB for first two weeks with leg locked in extension, then follow protocol as below:

0–6 Weeks PROTECT THE REPAIR

- WBAT Brace locked in extension 0–6 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°, Quad Sets
- Ankle Pumps

GOALS Brace per protocol

6–12 Weeks MOTION & STRENGTH

- Unlock brace for ambulating; week 7 0–45° on brace for ambulation; week 8 0–60° on brace for ambulation
- Wean from brace as tolerated after week 8; 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°); advance quad strengthening
- Mini Squats / Weight Shift

GOALS Wean brace

3–6 Months RETURN TO FUNCTION

- Normal gait, WBAT with no assist; full, normal ROM; leg press, squats; initiate running/jogging
- Isotonic Knee Extensions (90–40°, closed chain preferred); agility exercises (sport cord); versaclimber/Nordic track
- Normalize quad strength

GOALS No extensor lag

Return to Sport & Discharge Criteria

- Full ROM with no extensor lag; no effusion
- Quad strength $\geq 90\%$; hop symmetry $\geq 90\%$ where sport demands
- Return to sport when cleared by Dr. Kelly

Time frames are guidelines — progress when phase goals are met, per Dr. Kelly and the treating therapist.

