

PT PROTOCOL

Quadriceps and Patellar Tendon Repair

Rehabilitation Protocol

Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing status depends on the specific procedure performed, intraoperative findings, and radiographic healing. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____

1

Weeks 0-4

Protect repair; locked in full extension, no flexion

2

4-8 Weeks

Progressive flexion (0→90°); brace-controlled WB

3

12 Weeks

Brace discontinued; advancing ROM beyond 90°

4

16 Weeks

Complete WB, no brace; full active ROM

5

6 Months

Begin running/sport training; jumping & contact sports if quad strength ≥85-90%

Milestones above are goals, not guarantees; progression is criterion-based.

Phase 1 Weeks 0-4

Weight-Bearing: As tolerated, with hinged knee brace locked in extension, with crutches.

Range of Motion: Locked in full extension; no flexion.

Therapeutic Exercises

- Modalities per PT discretion.

Phase 2 Weeks 4-6

Weight-Bearing: As tolerated, with hinged knee brace locked in extension, with crutches.

Range of Motion: AAROM → AROM flexion and passive extension 0-45°. May progress 15° each week toward goal.

Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor exercises (no straight leg raise).
- Modalities per PT discretion.

Phase 3 Weeks 6-8

Weight-Bearing: As tolerated, hinged knee brace locked in extension, eventual discontinuation of crutch use.

Range of Motion: AAROM → AROM flexion and passive extension 0-90°. May progress 15° each week toward goal.

Therapeutic Exercises

- Isometric quadriceps, hamstring, adductor, and abductor exercises (no straight leg raise).
- Modalities per PT discretion.

Phase 4**Weeks 8–12**

Weight-Bearing: As tolerated; may discontinue hinged knee brace; continue crutches until good quad control.

Range of Motion: Advance beyond 90°.

Therapeutic Exercises

- Gait training.
- Hamstring and quadriceps exercise.
- Straight leg raises without resistance; stationary cycling.
- Modalities per PT discretion.

Phase 5**Weeks 12–16**

Weight-Bearing: Complete; no brace.

Range of Motion: Full active.

Therapeutic Exercises

- Gait training.
- Hamstring and quadriceps exercise.
- Proprioception and balance activity, including single-leg support.

Phase 6**Weeks 16–24**

Goal: Begin running and sport/job-specific training. Beyond 6 months: begin jumping and contact sports if quadriceps strength is 85–90% of the contralateral extremity.

Therapeutic Exercises

- Begin running and sport/job-specific training.
- Beyond 6 months: begin jumping and contact sports if quadriceps strength is 85–90% of the contralateral extremity.