



Patellar Tendon/Quad Tendon Repair Rehabilitation Protocol

*NO SLR, LAQ, or LEG EXTENSION MACHINE

| | Weight Bearing | Brace | Range of Motion | Therapeutic Exercises |
|----------------------------------|----------------|------------------|--|---|
| Phase I 0 - 4 weeks | NWB | Knee immobilizer | Hold ROM | Ankle pumps, quad/hamstring/glute sets, 4-way ankle Long sitting hamstring and calf stretching |
| Phase II 4 - 8 weeks | WBAT | Knee immobilizer | Week 4: 0-30° Week 5: 0-45° Week 6: 0-60° Week 8: 0-90° | Initiate ROM heel slides to protocol limits |
| Phase III 8 - 12 weeks | FWB | None | Progress to full ROM | SLS, 3-way hip, heel raises |
| Phase IV 12+ weeks | FWB | None | | Week 12: Initiate quad strengthening (i.e. SAQ, squats, leg press) Week 16: Initiate plyometrics (jumping/hopping) and running |