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Patellar or Quadriceps Tendon Repair
 Physical Therapy Protocol

	WEIGHT BEARING	BRACE	RANGE OF MOTION	GOALS	EXERCISES
0-4 weeks	Weight bearing as tolerated in brace locked straight	Immobilizer locked straight	None	Dec pain and swelling	Elevation, icing
4-6 weeks <i>*Start P.T at 4 weeks</i>	Weight bearing as tolerated in brace locked straight	Immobilizer locked straight at all times except in PT	1-Passive ROM 0-60 degrees 2- no manipulation	Passive flexion to 60 degrees	1 - PROM only 2 - SLR in brace 3 - No resistance 4 - No strengthening
6-8 weeks	As tolerated	Ok to remove with good quad control	PROM and AROM 0-120 degrees	Passive flexion to 120 degrees	1-begin active knee ext. 2--no resistance strengthening 3-stationary bike with elevated seat 4-gait training
8-10 weeks	As tolerated	None	Full ROM	Full ROM	1-begin light strengthening closed chain, mini-squats 2-stationary bike
10-16 weeks	As tolerated	None	Full ROM	symmetric quad girth and strength	1- advance strengthening 2-closed chain only 3-no running/sports/jumping
16+ weeks	Ok to begin jogging	None	Full ROM	Sport specific activities	1-begin agility and plyometrics program 2-CV conditioning Return to Sports: 1->80% strength vs. opposite leg 2- >90% hop test 3- cutting/running/jumping confidence 3-physician clearance 4-minimum 6 monthss

Specific Recommendations /Restrictions /Goals:
