

# Sports Medicine

## Patellar/Quad Tendon Repair Post Op Protocol

### Brace/Crutches:

- Immobilizer worn for 6 weeks
- Worn during sleeping
- Partial weight bearing 50% 3 wks
- Partial weight bearing 75 % 4 wks
- Full weight bearing 4-6 wks
- Wean out of brace 6-8 wks.

### Range of Motion:

Increase range of motion daily as tolerated.

### Modalities:

- At Therapists Discretion
- ICE use 3-4 x/day for first 10-14 days.

### Aquatic Therapy:

- 4-6 weeks

### Bracing:

- Prescribed by physician

### Return to Activities:

Field Sports: 5-6 mths  
Skiing: 4-5mths

### Other Restrictions:



### Phase 1 - Protection/Range of Motion (Post-Op Weeks: 0-4)

Goal: Control Inflammation, Protect Repair

#### A. Protection/Immediately Post-Op

**Weeks 0-4**

Patella, Patella Tendon & Quad Tendon Mobility Exercises  
Range of motion 0-30<sup>0</sup>- Increase gradually as tolerated

#### B. Range of Motion

**Weeks 4-6**

Progress to full weight bearing in Brace  
Continue w/ Patella, Patella Tendon & Quad Tendon Mobility  
Range of motion 0-90<sup>0</sup> (5-6 wks)  
Aquatic Therapy

### Phase 2 - Range of Motion/Strengthening (Post-Op Weeks: 6-12)

#### A. Progress range of motion/Strength

**Week 6-8**

Full weight bearing in Brace  
Continue Patella, Patella Tendon & Quad Tendon Mobility  
Progress to full range of motion as tolerated  
Quad Sets  
Begin multi-plane straight leg raise  
Begin closed chain strengthening program  
Gait Training  
Begin Stationary Bike when motion allows

#### B. Strengthening

**Week 8-10**

Continue Progression of range of motion  
Begin Short Arc Quad Sets  
Begin Single Leg Closed Chain Quad Strengthening  
Begin Walking Program as tolerated

#### C. Strengthening/Proprioception

**Week 10-12**

Begin Proprioceptive exercises  
May begin elliptical

### Phase 3 - Strengthening (Post-Op Weeks: 12-16)

#### A. Strengthening:

Continue with strengthening  
Increase intensity of Proprioceptive drills  
Increase Lower Body Strengthening (Gym); avoid lunges & knee extension

### Phase 4 - Function Progression (Post-Op Weeks: 16-20)

Goal: Continue Strengthening

Begin Running Progression

### Phase 5 – Functional/Sport Return (Post-Op Weeks: 20-24+)

Goal: Continue Advanced Strengthening

Functional Drills

Return to sport when cleared by Doctor & PT