

## Patellar Tendon/Quadriceps Repair

### Physical Therapy Protocol

#### Keys to a Successful Outcome

- ROM exercises should not be forceful or too painful
- The brace should be locked in extension until 6 weeks from surgery while weight bearing

Phase	Brace	ROM Goals	WB	Exercises
Weeks 0-2	Locked in extension, worn at all times except therapy	No ROM	WBAT w/ brace locked in extension	Quad sets and calf pumps in brace
Weeks 2-6	Locked in extension, worn at all times except therapy	PROM 0-45°	WBAT w/ brace locked in extension	Advance previous exercises: add side-lying hip/core/glutes, begin WB calf raises
Weeks 6-10	Brace unlocked 0-90°	Progressive P/AROM	WBAT	Progress CC activities, begin hamstring work, lunges/leg press, proprio exercises
Weeks 10-12	None	FAROM	WBAT	Start stationary bike. bilateral leg press in safe range (30-45°), concentric only
Months 3-6	None	FAROM	WBAT	Begin wall squats, progressive plyometrics, running, sport-specific

#### Patient Instructions

- Brace does not have to be worn at night while sleeping after 6 wks from surgery

#### General Time Frames for ADLs

- Desk/light return to work: 6-12 wks
- Swimming: 12-16 wks
- Sport-specific drills and running/jumping: 20-22 wks
- Professional athletes return to play at an average of 7-12 mo (NBA ~7 mo, NFL ~11 mo)