

Quad Tendon/Patellar Tendon Repair Post op Rehab

Weeks 1-6

- Home exercise program including SLR with brace in full extension and passive range of motion
 - Goal 0-70°
- Weight bearing as tolerated with brace locked in extension

Week 6 – Begin Formal Physical Therapy

- Gentle patellar mobilizations
- Aggressive scar massage
- Emphasis on obtaining full passive extension
- Passive, Active, and Active assisted range of motion
 - Goal of 0-90°
- Stationary bike for range of motion
- Hamstring and calf stretching
- Lower extremity PRE's
 - Mini squats to 45°, heel raises, progressive SLR, TKE
 - Hip strengthening (focus on external rotators), hamstring PRE's
 - Isotonic leg press to 60°, 4" step ups, bilateral stance balance training

Week 7

- Continue all exercises
- Open Brace to 70° for ambulation if quad control is adequate
- Continue ROM stretching
 - Goal 0-115

Week 8

- Continue all exercises
- Decrease seat height, and increase resistance for stationary bike
- 8" step ups, 4" step downs
- Single leg proprioceptive training

Week 9

- Continue exercises as previous

- Stair master
- Progress balance
- Progress step downs to 6"

Week 10

- Slide board
- Plyometric leg press /shuttle
- Progress step downs to 8" (reciprocal descending stairs)
- Continue exercise as previous progressing resistance

Week 11-22

Advancement Criteria: Normal ROM, quad strength >75% contralateral side, No swelling, no pain

- Jump downs (double leg landing)
- Begin walk jog program
- Light sport specific drills, progressing into agility work