

## Quad/Patella Tendon Repair Post-Operative Protocol

### 0-6 Weeks:

- WBAT locked in extension for 2 weeks
- 0-30 degrees starting at 2 weeks and increase 15 degrees a week thereafter (ok to progress with PT)
- 6 weeks: 0-90 degrees and then follow the protocol below

### 6-8 Weeks:

- Full weight bearing
- Open brace 0-90 degrees
- Continue with swelling control and patella mobility
- Gradually progress to full range of motion
- Begin quadriceps setting
- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function
- Initiate open kinetic chain progressing to closed kinetic chain multi-plane hip strengthening
- Normalize gait pattern
- Begin stationary bike
- Initiate pool program

### 8-10 Weeks:

- Wean out of brace
- Continue with patella mobility drills
- Normalize gait pattern
- Restore full ROM
- May begin short arc quadriceps contraction 0-30 degrees
- Progress open and closed kinetic chain program from bilateral to unilateral
- Increase intensity on stationary bike
- Begin treadmill walking program

### 10-12 Weeks:

- Full ROM
- Terminal quadriceps stretching
- Advance unilateral open and closed kinetic chain strengthening
- Initiate proprioception drills
- May introduce elliptical trainer

### 12-16 Weeks:

- Advance open and closed kinetic chain strengthening
- Increase intensity on bike, treadmill, and elliptical trainer
- Increase difficulty and intensity on proprioception drills
- Begin gym strengthening: leg press, hamstring curls, ab/adduction; avoid lunges and knee extensions
- Begin multi-directional cord program

### 16-20 Weeks:

- May begin leg extensions; 30-0 degrees
- Begin pool running program advancing to land as tolerated

**20-24 Weeks:**

- Advance gym strengthening
- Progress running/sprinting program
- Begin multi-directional field/court drills
- Begin bilateral progressing to unilateral plyometric drills
- Follow-up appointment with physician
- Sports test for return to competition