

Newton-Wellesley Sports Medicine
978 Worcester Street
Wellesley, MA 02482
Phone: 617-643-0907
Fax: 617-219-1281

MGH Sports Medicine
175 Cambridge Street, 4th Fl
Boston, MA 02114
Phone: 617-726-7500
Fax: 617- 219-1281

REHABILITATION PROTOCOL: QUADRICEP and PATELLA TENDON REPAIR

I. Immediate Post-op (phase one) 0- 3 weeks

- ☐ Quadriceps Repair – Full Weight Bearing locked in extension
- ☐ Patellar tendon Repair- WB STATUS_____ for _____ weeks
- a. Hinged knee brace locked at 0 ° for ambulating and sleeping for _____ weeks
- b. Ice
- c. TED stocking
- d. Ankle pumps
- e. Hamstring sets, glut sets
- f. Quad isometrics
- g. Patellar mobilizations
- h. CPM: starting at day _____ (2 hour sessions 3 x per day)
Slow speed starting at _____ degrees to increase 5-10 degrees daily for a maximum of _____ degrees by 14 days post op
Further instructions to advance will be given at your post op appointment

II. Phase two (3-6 weeks)

- a. Gait training
- b. E-Stim Quad, Quad isometrics
- c. ROM: PROM 0-90 by week _____. Then advance to _____degrees by week 6
- d. Hip adduction/abduction
- e. Hip extension
- f. Heel slides
- g. Knee extension without active knee extension
- h. SLR *with brace* locked in extension

III. Phase three (6-10 weeks): improve muscular strength & endurance

- a. Normalize gait pattern
- b. Knee extension passive
- c. Stationary bicycle
- d. Water conditioning (after complete wound healing)
- e. Core Strengthening, patellar mobilizations, prone knee flexion
- f. Closed chain quad control from 0-40 deg with light squats and leg press

IV. Phase four (approx 12-16 weeks): muscular strength & functional activities

- a. Vertical squats/ wall squats ¼
- b. Forward lunges
- c. Lateral lunges
- d. Lateral step- ups
- e. Knee extension 60- 0
- f. Hip abd & add



Robert J Nascimento, M.D
Shoulder, Sports Medicine & Arthroscopy

- g. Bicycle**
 - h. Stairmaster**
 - i. Pool program**
 - j. Close chain exercises short arc to 70 deg of flexion**
- V. Phase five (approx 16 weeks): functional drills strengthening exercises and flexibility exercises**
 - a. Progress to light jogging program**
 - b. Sport/work balance and proprioceptive drills**
 - c. Hip and core strengthening**
 - d. Movement control exercises progression from low velocity single plane to high velocity multi-plane**