

PATELLAR / QUAD TENDON REPAIR REHAB PROTOCOL

Week 0 - 2

- PWB 40 - 60 lbs with crutches
- Knee immobilizer full time. Shower, getting wound wet, when ok by MD, typically one week post op.
- Quad sets and ankle pumps 4 times daily. NO SLR.
- Well leg stationary bicycle, and or upper extremity ergometer / aerobic program.

Week 3 - 5

- ROM: active flexion, active assisted extension.
- Crutch use full time with PWB 80-100 lbs.
- Review foot and ankle mobility and mechanics.

Week 6 - 8

- DC Knee Immobilizer at 6 weeks
- START FORMAL P.T. AT 6 WEEKS**
- Closed chain strengthening quads SLR, patellar mobs.
 - Open chain strengthening hams.
 - Incorporate hip mobility and LE control exercises.

Week 9 - 12

- Open chain quads and hams, use McConnell taping techniques and / or cartilage retraining if patellofemoral pain present.

Week 13 - 24

- Independent or home exercise program three times per week.
- Return to sports on ok from MD.