

Quadriceps and Patella Tendon Repair Rehabilitation Protocol

Patient to remain in straight leg immobilizer or fracture brace locked in full knee extension, weight bearing as tolerated for four weeks.

Patient may perform straight leg raise, side lying hip abduction and prone hip extension only during that time.

Weeks 4 to 5

- Passive range of motion to 20 degrees
- Scar massage

Weeks 6 to 8

- Passive range of motion 0 to 45 degrees
- May begin stationary bike 0 to 45 degrees

Weeks 8 to 10

- Up to 90 degrees of passive range of motion
- May begin active assertive range of motion and active range of motion (SAQ, LAQ, etc.) and sub max isometrics

Weeks 11 to 12

- Up to 120 degrees of passive range of motion

Week 12

- Remove brace only if full/independent straight leg raise and good quad control is achieved
- Begin progressive resistance exercise

Month 3

- Up to 120 to 135 degrees of passive range of motion and continue progressive resistance exercise

Month 4

- 4/5 MMT for quads and full/independent passive range of motion
- May begin functional progression back to walking for exercise

Month 6

- Begin functional progression back to jogging

Month 12

- Normal activities

Helping you achieve the optimal activity level for your lifestyle is my first priority.

- Scott Gudeman, MD



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