

**Orthopedic Associates of Hartford, P.C.**

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Date of Surgery:

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**Post-Operative Rehabilitation Protocol:**

**Acute Patellar or Quadriceps Tendon Repair**

**PHASE I – MAXIMUM PROTECTION PHASE (WEEKS 0-6)**

GOALS: Diminish pain/inflammation, controlled ROM, prevent quad atrophy.

**I. Immediate Post-Operative to Week 2:**

**A. General:**

- \* Brace locked in full extension. May remove for shower/bathing.
- \* Elevate knee above heart level often
- \* Cryotherapy unit or ice 20 minutes/hour

**B. Weight Bearing:**

- \* WBAT in brace locked in full extension.

**C. Range of Motion Goals:**

- \* Knee kept in full extension

**D. Treatment / Exercises:**

- \* Ankle pumps, Theraband ankle exercises
- \* VMO quad sets with biofeedback
- \* EMS if patient unable to initiate quad sets or independent SLR
- \* Straight leg raises – 4 directions in brace locked in extension
- \* Gastroc stretching, Toe raises in brace

**II. Weeks 2-4:**

**A. General:**

- \* Brace locked in full extension. May remove for shower/bathing
- \* Cryotherapy unit or ice 20 minutes/hour as needed

**B. Weight Bearing:**

- \* WBAT with brace locked in full extension

**C. Range of Motion Goals:**

- \* Active knee flexion and Passive knee extension 0°-30°

**D. Treatment / Exercises:**

- \* Continue above treatment

### **III. Weeks 4-6:**

#### **A. General:**

- \* Brace locked in full extension. May remove for shower/bathing
- \* Cryotherapy unit or ice 20 minutes/hour as needed

#### **B. Weight Bearing:**

- \* WBAT with brace locked in full extension

#### **C. Range of Motion Goals:**

- \* Active knee flexion and Passive knee extension 0°-45°
- \* Increase motion by 30 degrees per week (active flexion, passive extension)
- \* Light active assist extension

#### **D. Treatment / Exercises:**

- \* Continue above treatment

### **PHASE II – MODERATE PROTECTION PHASE (WEEKS 6-12)**

GOALS: Full ROM, improve ambulation, enhance neuromuscular control.

Enter Phase II if:

- ✓ Passive ROM 0°-90°
- ✓ Able to perform SLR, good quad control
- ✓ Minimal pain/swelling

### **III. Weeks 6-12:**

#### **A. General:**

- \* Brace unlocked 0°-45° for ambulation
- \* Discontinue brace at Week 8

#### **B. Weight Bearing:**

- \* WBAT in brace
- \* Discontinue brace at Week 8

#### **C. Range of Motion Goals:**

- \* Progress to full active/active-assist/passive ROM

#### **D. Treatment / Exercises:**

- \* Continue previous treatment / exercises
- \* Light isokinetic exercises
- \* Pool walking/running

### **PHASE III – ADVANCED PHASE (MONTHS 3-4)**

GOALS: Improve neuromuscular control, enhance strength/endurance.

Enter Phase III if:

- ✓ Full painless ROM
- ✓ No pain/tenderness
- ✓ Satisfactory isokinetic test
- ✓ Satisfactory clinical exam

#### **IV. Months 3-4:**

##### A. General:

- \* As above

##### B. Weight Bearing:

- \* WBAT without assistive device

##### C. Range of Motion Goals:

- \* Progress to full active/passive ROM

##### D. Treatment / Exercises:

- \* Continue previous treatment / exercises
- \* Increase Tubing program, Pool program
- \* Initiate running program
- \* Cycling
- \* Balance board, Backward walking
- \* Open and closed chain strengthening
- \* Plyometric program

### **PHASE IV – RETURN TO FULL ACTIVITY PHASE (MONTHS 4-6)**

GOALS: Gradual return to full activity.

Enter Phase IV if:

- ✓ Full painless ROM
- ✓ Strength at least 90% of unaffected limb
- ✓ Satisfactory clinical exam

#### **V. Months 4-6:**

A., B., C. As Above

##### D. Treatment / Exercises:

- \* Continue previous treatment / exercises
- \* Sport-specific training
- \* May begin squatting at 4 months

\* Return to full unrestricted activity at 4-6 months and with MD approval

**\* Addendum**

This protocol provides general rehabilitation guidelines following Repair of an Acute Patellar or Quadriceps Tendon Tear. It is subject to modification depending on the extent and pattern of the injury as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.