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QUADRICEPS OR PATELLAR TENDON REPAIR PROTOCOL

Week 0-2: **WBAT (in Brace), PROM 0-30°**

- First PT visit 2 weeks post-surgery
 - **PASSIVE ROM ONLY for full extension (no active or active assist).**
 - Passive or active-assistive ROM for **0-30° flexion**
 - TTWB crutch gait for 6 weeks with brace locked at 0°
 - Brace locked at 0° for all activities except therapeutic exercise
 - **Therapeutic exercise:**
 - PROM for full extension
 - A.A.ROM for flexion (see above)
 - Isometric quad, ham, adductor and abductor
 - Ankle theraband exercises
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Week 2-6: **WBAT (in Brace), Progressive ROM (90° by 6 Weeks)**

- PT as necessary to meet goals
 - **PASSIVE ROM ONLY for full extension (no active or active assist)**
 - Passive or active-assistive ROM. Add 15° flexion each week with a goal of 90° at 6 weeks. Advance beyond 90° after 6 weeks.
 - Week 3: 0-45°
 - Week 4: 0-60°
 - Week 5: 0-75°
 - Week 6: 0-90°
 - Week 7+: >90°
 - TTWB crutch gait with brace locked at 0°
 - **Therapeutic exercise:**
 - As above
 - Upper extremity exercise okay
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Week 6-12: **Unlock, then Wean from Brace**

- Weeks 6-8: full weight-bearing as tolerated in unlocked hinged knee-brace
- May discontinue brace at week 8
- **Therapeutic exercise:**
 - May begin A.A.ROM for extension and gentle stretching
 - Lower extremity workouts with low weight / high repetition
 - Stationary bicycle
 - Impact activities per MD