



Shane Nho, MD
Allison Petersen, PA-C
P(312)432-2525
F(708)492-5525

Quad or Patella Tendon Repair Protocol

Weeks 0-6

- WBAT, Brace locked in extension all times except with therapy.
- ROM: 0-30° Weeks 0-2
0-60° Weeks 2-4
0-90° Weeks 4-6
- Patella mobilization
- SLR supine with brace locked at 0 degrees, Quad Sets
- Ankle Pumps

Weeks 6-12

- Unlock brace for ambulating. Wean from brace as tolerated.
- May D/C crutches when gait normalized.
- Normalize ROM. No limits.
- Begin short crank ergometry and progress to
- Standard (170mm) ergometry (if knee ROM > 115 degrees)
- Advance quad strengthening
- Mini Squats / Weight Shift

Weeks 12+

- Normal gait, WBAT with no assist
- Full, Normal ROM
- Leg Press, Squats
- Initiate running/jogging
- Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Normalize quad strength