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Quadriceps/Patellar Tendon Repair Protocol

	Weight Bearing	Brace Use	Range of Motion	Therapeutic Elements
PHASE I 0 -2 weeks	TDWB with crutches	Locked in extension at all times. Remove for exercises	0-45 degs. A/AA flexion, Passive extension.	Quad sets, hamstring isometrics, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim
2-6 weeks	As tolerated (WBAT) with crutches	Locked for weight bearing. Brace progressively opened to 90 degs. for sitting	0-90 degs. A/AA flexion, Passive extension	Same as above
6-8 weeks	Full weight (FWB), wean off crutches	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	SLR. Begin progressive closed chain exercise. Bicycle.
8-10 weeks	FWB	None	Full AROM/PROM	Advance closed chain exercise. Balance exercises.
PHASE II 10 -16 weeks	FWB	None	Full ROM	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
PHASE III 4-5 months	FWB	None	Full ROM	Start progressive running program Sports specific drills