

**Quadriceps Tendon/Patella Tendon
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

	Weightbearing	Brace	ROM	Exercise
Phase I Week 0 - 2	WBAT with brace locked in full extension	Locked in full extension for sleeping and all activity	No ROM Emphasize importance of maintaining full knee extension Keep leg propped up with bump under calf or ankle	Isometric quad and hamstring while in extension Ankle pumps
Phase II Week 2 - 6	WBAT with brace locked in full extension	Can unlock for ROM. With supervision , can remove brace for ROM. Week 2 – 6: Keep locked in full extension at night and daytime	Passive extension ONLY. Gravity or active flexion ok. Week 2 – 3: ROM 0 – 30 Week 3 – 4: ROM 0 – 60 Week 4 – 5: ROM 0 – 90 Week 5 – 6: Gentle progressive ROM	Continue Phase I Add side lying hip/core/glutes Add patella mobs if incision healed No weight or PRE
Phase III Week 6 - 12	WBAT in brace until week 8 and then wean out as tolerated over week 8 - 12. Use crutches until normal gait pattern.	Can discontinue brace at night if not painful Week 6 – 7: Unlock during day 0 – 45 Week 7 – 8: Unlock during day 0 - 60 Start to wean out of brace at week 8 - 12.	Progress to full ROM	Continue Phase II Ok to start active extension against gravity. Add SLR with brace or without (if no extensor lag) Add stationary bike May add closed chain at 8 weeks depending on MD clearance. No weightbearing in flexion > 90 deg for 8 weeks postop

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Phase IV Start Week 12 - 20	WBAT	None	Full	Progress Phase III Start PRE closed chain exercise Single leg balance Elliptical
Phase V Week 20	WBAT	None	Full	Will start sport specific drills etc when cleared by MD

Modalities:

Ice, compression and other swelling reduction ok to start immediately. Keep surgical site covered

Can start e – stim week 2.