

**QUADRICEPS TENDON REPAIR / PATELLAR TENDON REPAIR /
 PATELLAR FRACTURE OPEN REDUCTION INTERNAL FIXATION
 REHABILITATION PROTOCOL**
 (TO BE GIVEN TO PHYSICAL THERAPIST)

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 1-2:	<ul style="list-style-type: none"> • Full Weight Bearing with leg in brace, using crutches to aid with walking and for balance 	<ul style="list-style-type: none"> • Locked at 0° extension at all times during the day except when doing exercises • Locked at 0° during the night 	<ul style="list-style-type: none"> • Dr. Roth will tell you the range of motion allowed based upon intra-operative assessment • Range of Motion permitted is 0° - _____ 	<ul style="list-style-type: none"> • Flexion: Heel slides to permitted flexion (see ROM) • Knee flexion exercises to permitted flexion in prone position, with gravity extension • Extension: Passive knee extension using towel roll, prone hangs • Strengthening: Quad setting with knee support, Straight leg raises with brace locked in extension, plantarflexion/ dorsiflexion, eversion/inversion strengthening

	WEIGHT BEARING	BRACE	ROM	THERAPEUTIC EXERCISE
WEEK 2-4:	<ul style="list-style-type: none"> • Full weight bearing, brace locked in extension at all times when weight bearing 	<ul style="list-style-type: none"> • Continue to wear hinged knee brace locked in extension all day and night, except when doing exercises 	0-60°	<ul style="list-style-type: none"> • No weight bearing exercise at flexion angle > 90° • Continue prone knee flexion exercises • Continue SLR, quad sets • Add side lying hip, core and glut
WEEK 4-6:	<ul style="list-style-type: none"> • Full weight bearing, brace locked in extension at all times when weight bearing 	<ul style="list-style-type: none"> • Continue to wear hinged knee brace locked in extension all day • May remove brace at night and when doing exercises 	0-90°	<ul style="list-style-type: none"> • No weight bearing exercise at flexion angle > 90° • Continue prone knee flexion exercises • Continue SLR, quad sets • Continue side lying hip, core and glut
WEEK 6-8:	<ul style="list-style-type: none"> • Full Weight bearing when wearing brace as directed 	<ul style="list-style-type: none"> • Week 6: Unlock brace 0-45° • Week 7: Unlock brace 0-60° • Week 8: Unlock brace 0-90° 	<ul style="list-style-type: none"> • Continue to advance to full painless ROM 	<ul style="list-style-type: none"> • No weight bearing exercise at flexion angle > 90° • Continue prone knee flexion exercises • Continue SLR, quad sets • Continue side lying hip, core and glut
MONTH 2-3:	<ul style="list-style-type: none"> • Full weight bearing without crutches 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full 	<ul style="list-style-type: none"> • Advance strengthening • Stationary bike when able • Hamstring work • Continue core/hip/glut • Balance, proprioception • Closed chain
MONTH 3-6:	<ul style="list-style-type: none"> • Full weight bearing 	<ul style="list-style-type: none"> • None 	Full	<ul style="list-style-type: none"> • Advance exercises and functional activities • OK to swim • Gradual return to sport • Home Maintenance Program