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Post-Operative Protocol

Quadriceps or Patellar Tendon Repair

0-6 Weeks:

WBAT, Brace locked in extension all times except with therapy.

ROM: 0-20° Weeks 0-2

0-40° Weeks 2-4

0-60° Weeks 4-6

0-90° Weeks 6-8

Patella mobilization

SLR supine with brace locked at 0 degrees, Quad Sets

Ankle Pumps

8-12 Weeks:

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 (170 mm) ergometry (if knee ROM > 115 degrees)

Advance quad strengthening

Mini Squats / Weight Shift

3-6 Months:

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)

Versa climber/Nordic Track

Normalize quad strength