



333 South Kirkwood Road, Suite 200  
Kirkwood, MO 63122  
Office (314) 991-4335 Fax (314) 991-4340 Exchange: 888-456-8166

**Nathan A. Mall, MD**

**Collin Magilligan, NP**

**POST-OPERATIVE QUADRICEPS OR PATELLAR TENDON REPAIR PROTOCOL**

**0-6 Weeks:**

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

**6-12 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 (170mm) 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)  
Versaclimber/Nordic Track  
Normalize quad strength