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Quadriceps/ Patellar Tendon Repair

<u>Postop</u>	<u>Weight Bearing</u>	<u>Brace</u>	<u>ROM</u>	<u>Exercises</u>
Weeks 0-6 PT 2-3x/week HEP daily	PWB (50%) x 2 weeks, then advance to WBAT	Locked in extension when not performing exercises (including ambulation and sleep)	Knee flexion progression: Week 0-2: None Weeks 2-4: 0-45° Weeks 4-6: 0-90°	NO ACTIVE KNEE EXTENSION Avoid prolonged standing/walking Seated A/AA knee flexion within limits Passive knee extension Quadriceps re-education & isometrics SLE brace locked in extension Scar mobilization Gait training
Weeks 6-12 PT 2-3x/week HEP daily	WBAT	Brace locked for sleep & ambulation (6-8 weeks) Unlock 0-60° for ambulation starting week 8	0-125°	No WB with flexion > 90° No extensor lag Normalize gait Ascent 8" step Gait training with flexion stop at 60° once demonstrates good quad control A/AA knee flexion Pool ambulation (if wound healed) Patellar mobilizations Short crank -> regular bike (flexion > 110°) Leg press (bilateral 0-90°) Initiate forward step-up program Initiate squat progression (wall slide) Proprioceptive exercises Retro-ambulation
Weeks 12-18 PT 2-3x/week HEP daily	WBAT	D/c brace	Full	Descent 8" step Return to normal ADLs Continue flexion ROM Incorporate quadriceps flexibility exercise Advance close chain exercise Initiate step-down program Progress squat program Isokinetic/isotonic knee extension Advance proprioceptive training Agility training Elliptical
Weeks 18-26 PT 1-2x/week HEP daily	WBAT	None	Full	Advance agility program/ sport specific Plyometric program Forward running

IF QUESTIONS: PLEASE CALL 469-800-7200