

### Quad or Patellar Tendon Repair

Individual patient circumstances may affect the guideline  
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
<b>Weeks 0-2</b>	<ul style="list-style-type: none"> <li>• Protect surgical repair</li> <li>• Reduce muscle atrophy</li> <li>• Reduce swelling</li> <li>• Decrease pain and inflammation</li> </ul>	<ul style="list-style-type: none"> <li>• Weight-bearing as tolerated</li> <li>• Brace locked in full extension for ambulation and sleeping</li> <li>• ROM: PROM limited to 0-45°</li> <li>• Avoid isotonic knee extension until 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: See restrictions</li> <li>• PRICE <ul style="list-style-type: none"> <li>○ Cryotherapy: 5-7 times per day</li> <li>○ Compression with TubiGrip/TEDS</li> </ul> </li> <li>• Isometric quadriceps recruitment/NMES</li> <li>• Heel slides, hamstring set, glute sets</li> <li>• Patellar mobilizations</li> <li>• Initiate BFR; if applicable</li> </ul>
<b>Weeks 2-6</b>	<ul style="list-style-type: none"> <li>• Protect surgical repair</li> <li>• Normalize gait</li> <li>• ROM from 0-90°</li> <li>• Excellent quad control</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to full WB</li> <li>• Brace: <ul style="list-style-type: none"> <li>○ Weeks 2-4: Locked in full extension</li> <li>○ Weeks 4-6: Off at night only</li> </ul> </li> <li>• ROM: <ul style="list-style-type: none"> <li>○ Weeks 2-4: 0-60°</li> <li>○ Weeks 4-6: 0-90°</li> <li>○ Weeks 6+: Progress slowly as tolerated</li> </ul> </li> <li>• Avoid isotonic knee extension until 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• ROM: See Restrictions</li> <li>• Gait training without assistive device</li> <li>• Core, hip, and calf strengthening</li> <li>• Continues quadriceps recruitment/NMES as needed</li> <li>• Cardio: UBE, upper body circuit training</li> </ul>
<b>Weeks 6-12</b>	<ul style="list-style-type: none"> <li>• Normalize gait with brace 0-60°</li> <li>• ROM from 0-110°</li> <li>• Initiate quadriceps strengthening in shallow ranges</li> </ul>	<ul style="list-style-type: none"> <li>• Brace: <ul style="list-style-type: none"> <li>○ Weeks 6-7: 0-45°</li> <li>○ Weeks 7-8: 0-60°</li> <li>○ May discontinue at 8 weeks if demonstrates excellent quad control</li> </ul> </li> <li>• Limit closed-chain strengthening to 0-70°</li> </ul>	<ul style="list-style-type: none"> <li>• Progress ROM as tolerated</li> <li>• Start closed-chain strengthening 0-40° then progress 0-70° as tolerated <ul style="list-style-type: none"> <li>○ Wall sit, partial squats, leg press, shallow lunge, step up</li> </ul> </li> <li>• Continue hamstring and core strengthening</li> <li>• Initiate proprioceptive exercises</li> </ul>
<b>Weeks 12-20</b>	<ul style="list-style-type: none"> <li>• Full symmetric ROM</li> <li>• Progressive resistance training</li> <li>• Pass Return to Run criteria</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid forceful eccentric contractions</li> <li>• Progress closed-chain strengthening through various ranges of motion</li> </ul>	<ul style="list-style-type: none"> <li>• Progress hypertrophy and strength training</li> <li>• Continue balance/proprioceptive training</li> <li>• Perform return to run testing; if applicable</li> </ul>
<b>Week 20+</b>	<ul style="list-style-type: none"> <li>• Continue to progress functional strengthening</li> <li>• Sport or work specific training</li> <li>• Pass Return to Sport criteria</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid post-activity swelling</li> <li>• Discuss return to work or sport with care team</li> </ul>	<ul style="list-style-type: none"> <li>• Continue PRE with strength, power, and velocity focus</li> <li>• Initiate plyometrics or agility</li> <li>• Begin sport or work specific activities</li> <li>• Gradual RTS progression if criteria passed</li> <li>• ARC program</li> </ul>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.