

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

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

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