



1702 W FAIRVIEW AVE. • BOISE, ID 83702

(208) 957-7400 • FAX (877) 287-3117

[gustavelorthopedics.com](http://gustavelorthopedics.com)

## **QUADRICEPS AND PATELLAR TENDON REPAIR REHABILITATION GUIDELINES**

### **WEEKS 1-2**

#### **WEIGHT BEARING STATUS:**

Weight bearing as tolerated with brace locked in full extension.

#### **RANGE OF MOTION:**

0-30

#### **EXERCISES:**

- Patella mobilization all directions
- Sub-max quad sets
- Resisted plantar flexion
- Sitting knee flexion to 30 with passive assist from uninvolved leg

### **WEEKS 3-5**

#### **WEIGHT BEARING STATUS:**

Weight bearing as tolerated with brace locked in full extension

#### **RANGE OF MOTION:**

0-60

#### **EXERCISES:**

- Patella mobilization all directions
- Sub-max quad sets
- Standing terminal knee extensions with tubing
- Bilateral leg press to 45 degrees
- Hamstring curls to 60 – double and single leg
- Sitting knee flexion to 60 with passive assist from uninvolved leg
- Calf raises
- With brace on: straight leg raises, side-lying hip abduction/adduction and prone hip extension

### **WEEKS 6-7**

#### **WEIGHT BEARING STATUS:**

Weight bearing as tolerated with brace open to 60 degrees (add 15 degrees each wk).

Begin easy balance drills in brace.

#### **RANGE OF MOTION:**

0-90

Bike okay to gently work ROM, okay to ride with light resistance once flexion = 105

#### **EXERCISES:**

- Patella mobilization all directions
- Increase intensity of quad sets
- Leg press - double and single leg to 70 with light resistance (3 sets of 20 reps)
- Hamstring curls to 90 – double and single leg
- Continue with other PRE's

- Bike riding 10 minutes

## **2 MONTHS POST-OP**

### **WEIGHT BEARING STATUS:**

Walking without brace if good quad tone and no extension lag, otherwise brace open to 90.

### **RANGE OF MOTION:**

Progress to full ROM

### **EXERCISES:**

- Patella mobilization all directions
- Quad sets
- Straight-leg raises (without brace)
- Short arcs
- Progress resistance exercises (3 sets of 15-20 reps)
- Leg press - double and single leg to 90
- Squats to 45
- Step-ups (begin with 2" step)
- Hamstring curls – double and single leg full ROM
- Leg extensions – 40-0, double and single leg
- RDL's
- Standing 4-way hip tubing
- Bike riding 10-20 minutes
- Elliptical machine

## **3 MONTHS POST-OP**

### **EXERCISES:**

- Progress resistance exercises (3-4 sets of 15 reps)
- Continue with above exercises
- Increase squat depth to 70
- Progress balance drills

## **4 MONTHS POST-OP**

### **EXERCISES:**

- Continue with above exercises
- Progress resistance exercises (3-4 sets of 10-15 reps)
- Add single leg squats and lunges
- Leg extensions 60-0 if PF allows
- Increase squat depth to 90
- Begin pre-run drills
- Biking on road

## **5 MONTHS POST-OP**

### **EXERCISES:**

- Progress resistance exercises
- Leg extensions 90-0 if PF allows
- Add eccentric knee extensions
- Add incline running, progressing to level ground running

## **6 MONTHS POST-OP**

### **EXERCISES:**

- Begin agility drills and jump training
- Mountain bike riding

## **7 MONTHS POST-OP**

Begin sport-specific drills

## **8 MONTHS POST-OP**

Return to sports if quad strength is at least 90% of uninvolved knee