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Rehabilitation Protocol:

Quadriceps and Patellar Tendon Repair

	Weight Bearing/ROM	Brace Use	Therapeutic Elements
PHASE I 0 – 2 weeks	As tolerated (WBAT) with crutches with knee locked in extension Active assisted flexion limited to 30° with therapist, passive extension	Locked in extension for ambulation and sleeping Remove for exercises	Regain full extension Quad and hamstring isometrics Patella mobilization Gastroc-soleus stretches Modalities as needed (stim, heat before, ice after)
2 – 6 weeks	As tolerated (WBAT) with crutches with brace locked Advance flexion 15° per week, progress to active flexion to 90° by 6 weeks	May remove brace for sleeping and exercises, locked in extension for weightbearing, progressively open brace to 90 for sitting	As above
PHASE II 6 – 8 weeks	Full weightbearing with weaning off crutches, progress to full ROM	Weightbearing in brace unlocked, wean and discontinue as quad control permits	Advance closed-chain strengthening and proprioception No weightbearing with flexion >90
PHASE III 8 – 12 weeks	Full unrestricted motion and weightbearing	Consider neoprene knee sleeve	Closed chain strengthening (lunges, leg press), stationary bicycle, balance exercises including glutes and core
PHASE IV 3 – 4 months	Unrestricted	Sleeve PRN	Continue strengthening, single leg dynamic balance Gradual return to impact activity elliptical, swimming, jogging
PHASE V 4 – 6 months	Unrestricted		Running, jumping, sport specific training