



Patellar Tendon/Quadriceps Tendon Repair

Post-Op day #1:

- Isometric quadriceps and hamstring strengthening exercise.
- Hinged knee brace locked in extension for first week, then 20 degrees of flexion during the second week.
- Start toe-touch weight bearing in brace with brace locked.

Week 2:

- Start active flexion and passive extension of knee.
- Start at 0-45 degrees and advance 30 degrees per week.

Week 3:

- May start active knee extension as tolerated (no resistance).

Week 6:

- Advance to full weight bearing without crutches and in brace by 6 weeks post-op.
 - Use “drop lock” to lock brace during ambulation.
- After 6 weeks, when patient demonstrates good quadriceps control the brace may be discarded.
- When patient is out of brace after six weeks, they may start a supervised isokinetic strengthening program.

When early strengthening goals are reached, enroll the patient in the SPARC program and advance to sport-specific rehab.

Resumption of strenuous athletic activity is prohibited for 4-6 months postoperatively, until the patient demonstrates full range of motion of the knee and 85%-90% of the strength of the contralateral extremity on isokinetic strength testing. Do first isokinetic strength test at 4 months.

Clinic follow-up plan: 1 Week, 3 weeks, 6 weeks, 3 months, 4-6 months & 1 year

- Have results of isokinetic strength testing available for the 4-6 month visit for a final decision on return to sports.