Quad or Patellar Tendon Repair

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Patient_____
DOS_____

	Weeks 0-2	Weeks 2-4	Weeks 4-6	Weeks 6-8	Weeks 8-12	Weeks 12-16	Weeks 16-24
Weight Bearing	WBAT with brace locked			WBAT with brace unlocked			
Brace Settings	Locked 0°			Unlock brace. Discharge brace once full ROM and sufficient quad strength is achieved			
PROM Goals	0-60° prone	0-90°		Advance as tolerated			
AROM Goals	None	0-60°	0-90°	Advance as tolerated			
Exercises	Ankle pumps Glute sets Hamstring sets Med/Lateral patellar mobs Heel prop Scar mobilization Modalities to control pain & edema	Heelslides Gentle sup/inferior patellar mobs Quad sets 4-way SLR with brace locked at 0° Gastroc/Soleus stretch Hamstring stretching Seated hamstring curls	4-way SLR without brace Seated hamstring curls with theraband Transverse abdominus activation Heel Raises	Stationary bike Total Gym Weight shifts Sportcord/overball DL→SL Balance/Proprioceptive Progress core & hip stabilization Mini Squats	LAQ Quad stretching Elliptical POW 10 Stair Master POW 10 Step Downs Front step ups Lateral step ups Single leg balance DL→SL Squats Leg press	Continue to advance strengthening & endurance Vectors Initiate light plyometrics Slide board	Recreational swimming Initiate sport specific exercises Begin jogging program Progress hops & jumps DL→SL Progress to dynamic activities (25-50% intensity) -Figure 8 -Zig-zag -Side shuffle -Grapevine *Refer to advance ACL rehab protocol for ideas on exercises and progressions