



Patellar/Quad Tendon Repair- Rehab for Therapists

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Introduction

Rehab instructions for patients with surgical repair of Patellar or Quadriceps tendon rupture

Summary of Goals

Short term 1-2 weeks

1. Non-weight bearing in full extension
2. Edema control
3. Lower extremity muscular control- Quad sets with hamstring co-contraction, hamstring sets, ankle pumps, SLR, Hip abduction/adduction, knee AROM
4. Increase patellar mobility

Long Term 2-3 months

1. Full AROM
2. Restore Quad/ Hamstring strength ratio to 1:1
3. Restore strength deficits to 10% of uninvolved side
4. Return to previous level of function

Detailed Treatment Protocol

Week 1 (at home-also see post op instruction sheet)

Brace on and in full extension at all times including sleep and shower

Non weight bearing with crutches but limit daily activity and elevate as much as possible

Quad sets, SLR, Ankle + Hip AROM at home

Week 2 - 5(start formal therapy)

Brace to be unlocked to maximum flexion point (determined intraoperatively) during therapy and for sleep. Lock in full extension all other times.

Start prone active knee flexion and passive extension

Progress to WBAT in full extension

May remove brace to shower when can actively SLR

Patellar mobility, edema control

Week 6-12

Wean from brace

PROM no restrictions

Start PREs