

Patellar Tendon Repair or Quadriceps Tendon Repair

General

Weight-bearing as tolerated in brace
Brace locked in extension for 6 weeks
Stitches assessed and removed in clinic within 7-14 days

Weeks 0-1

No rehab
Brace or splint in full extension

Weeks 1-4

Passive full extension
Active flexion to 45 degrees in brace
Prone hangs
Ankle pumps
Achilles and calf stretching
Modalities as necessary to decrease swelling

Weeks 4-6

Continue previous exercises
Active flexion from 45-90 degrees in brace

Weeks 6-12

Zero resistance straight leg raises
Patellar mobilization
Discontinue brace

Weeks 12-16

Begin gradual quadriceps strengthening

Week 16

Single knee bends
Return to run program = elliptical → treadmill →
outdoor running
Leg curls with no hyperextension

Week 20

Sport-specific training with gradual return to
agility exercises