



FOX VALLEY ORTHOPEDICS
QUADRICEPS/PATELLA TENDON REPAIR

All surgeons: Start PT 4 weeks post op

PHASE 1

4 weeks start

- Weight bearing
 - FWB with brace locked in extension x 6 wks
 - FWB unlock brace at 6 weeks post op
 - Then per therapist, d/c brace once good quad control
- Active flexion, passive extension
 - 0°-90° by 6 weeks
- Strengthening
 - NO active extension
 - SLR
 - Quad sets
- Manual techniques
 - NO passive flexion
 - Patellar mobilizations
 - Soft tissue mobilizations
- Modalities
 - Electrical stimulation
 - Cold packs

PHASE 2

8-12 weeks

- Weight bearing
 - WBAT
 - Brace can be d/c once patient develops good quad control
- AROM, PROM - flexion and extension
 - 0-120° or greater
- Strengthening
 - Strengthening to patient tolerance
 - Closed chain
 - Open chain
- Manual techniques
 - Patellar mobilizations
 - Soft tissue mobilizations
- Modalities
 - Electrical stimulation
 - Cold packs