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**Quadriceps/Patellar Tendon Repair Protocol**

	<b>Weight Bearing</b>	<b>Brace Use</b>	<b>Range of Motion</b>	<b>Therapeutic Elements</b>
<b>PHASE I</b> <b>0 -2 weeks</b>	TDWB with crutches	Locked in extension at all times. Remove for exercises	0-45 degs. A/AA flexion, Passive extension.	Quad sets, hamstring isometrics, ankle pumps. Regain full extension. Modalities: heat before, ice after. Quad stim
<b>2-6 weeks</b>	As tolerated (WBAT) with crutches	Locked for weight bearing. Brace progressively opened to 90 degs. for sitting	0-90 degs. A/AA flexion, Passive extension	Same as above
<b>6-8 weeks</b>	Full weight (FWB), wean off crutches	Discontinue brace if patient has controlled SLR without extension lag.	Progress to full ROM.	SLR. Begin progressive closed chain exercise. Bicycle.
<b>8-10 weeks</b>	FWB	None	Full AROM/PROM	Advance closed chain exercise. Balance exercises.
<b>PHASE II</b> <b>10 -16 weeks</b>	FWB	None	Full ROM	Begin open chain strengthening. Swimming and Treadmill walking for exercise. Progress to Elliptical (EFX).
<b>PHASE III</b> <b>4-5 months</b>	FWB	None	Full ROM	Start progressive running program Sports specific drills

<b>PHASE IV</b> <b>5-6 months</b>	FWB	None	Full ROM	Continue strength training. Consider return to high impact sports
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