

## Patellar and Quadriceps Tendon Repair

Weight Bearing	Brace		ROM	Therapeutic Exercise	Return to run/sports	Restrictions
<b>Phase I 0-3 Weeks</b>	TTWB with crutches	Brace locked in extension	None	None	None	WB on flexed knee
<b>Phase II 3-6 Weeks</b>	WBAT with crutches	Brace locked in extension for walking	CPM 4-6 hrs/day: Wk 3: 0-45 Wk 4: 0-60 Wk 6: 0-90	Sub maximal quad isometrics (25%)	None	No SLR, No active knee extension, No stairs, Flexion 90 max
<b>Phase III 6-12 Weeks</b>	Advance to FWB Discontinue crutches when normal gait	Brace open 0-90 Wean per MD	Progressive active and gradual passive knee flexion Stretch all uninvolved muscle groups	Quad sets, Progressive SLR, Wall slides to 45 deg, Partial squats	Progressive walking on level surfaces	Avoid FWB on stairs Limit OC and CC knee extension arc to 0-30
<b>Phase IV 12-16 Weeks</b>	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Step up-down progression Cautious use of weight training machines	Walking on level surfaces and inclines	Avoid jumping Step up stairs gradually
<b>Phase V 16-20 Weeks</b>	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Progressive strengthening Avoid overload	Walk to jog progression	Step down stairs gradually
<b>Phase VI 20 Weeks and beyond</b>	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Progressive strengthening Avoid overload	Progressive run / agility Jump training after 24 weeks	Proceed with caution