



# Quad/Patellar Tendon Repair



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## Quad/Patellar Tendon Repair - Physical Therapy Prescription

\*\*\*Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121\*\*\*

Name: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Diagnosis: R / L Quadriceps / Patellar Tendon Repair

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

### Phase I (0-2 weeks)

- WBS:** Full weight-bearing locked in extension
- Brace:** Locked in full extension at all times (including sleep), off for rehab and hygiene only
- ROM:** 0-45° for rehab, locked in extension for ambulation and all other times
- Exercises:** Heel slides, quad sets, patellar mobs, SLR, calf pumps

### Phase II (2-8 weeks)

- WBS:** Full weight-bearing in brace
- Brace:** 2-4 weeks: Locked in full extension day and night  
4-6 weeks: Off at night; locked in full extension daytime  
6-7 weeks: 0-45°  
7-8 weeks: 0-60°, Discontinue brace at 8 weeks
- ROM:** 2-3 weeks: 0-60°  
3-4 weeks: 0-90°  
4-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions
- Exercises:** Advance Phase 1 exercises  
Add side-lying hip/core/glutes  
Begin WB calf raises  
No weight bearing with flexion >90°

### Phase III (8-12 weeks)

- WBS:** Full
- Brace:** Transition out starting at 8 weeks
- ROM:** Full, no strength exercises past 90°
- Exercises:** Progress closed chain activities, Begin hamstring work, light lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes, Begin stationary bike when able

### Phase IV (12-20+ weeks)

- WBS:** Full
- Brace:** None
- ROM:** Full
- Exercises:** Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike; Swimming okay at 12 wks; Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD

Signature: \_\_\_\_\_

Date:

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[www.AdvancedOrtho.org](http://www.AdvancedOrtho.org)

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