
PHYSICAL THERAPY REHAB PROTOCOL

Quadriceps / Patellar Tendon Repair

Rehab Protocol

Weeks 1–6

- Home exercise program including SLR with brace in full extension and passive range of motion
- Goal 0–70°
- Weightbearing as tolerated with brace locked in extension

Week 6 — Begin Formal Physical Therapy

- Gentle patellar mobilizations
- Aggressive scar massage
- Emphasis on obtaining full passive extension
- Passive, active and active assisted range of motion
- Goal 0–90°
- Stationary bike for range of motion
- Hamstring and calf stretching
- Lower extremity PREs
- Mini squats to 45°, heel raises, progressive SLR, TKE
- Hip strengthening (focus on external rotators), hamstring PREs
- Isotonic leg press to 60°, 4" step-ups, bilateral stance balance training

Week 7

- Continue all exercises
- Open brace to 70° for ambulation if quad control is adequate
- Continue ROM stretching
- Goal 0–115°

Week 8

- Continue all exercises
- Decrease seat height and increase resistance for stationary bike
- 8" step-ups, 4" step-downs
- Single leg proprioceptive training

Week 9

- Continue exercises as previous
- Stair master
- Progress balance
- Progress step-downs to 6"

Week 10

- Slide board
- Plyometric leg press / shuttle
- Progress step-downs to 8" (reciprocal descending stairs)
- Continue exercises as previous, progressing resistance

Weeks 11–22

Advancement criteria: normal ROM, quad strength > 75% of contralateral side, no swelling, no pain

- Jump-downs (double leg landing)
- Begin walk-jog program
- Light sport-specific drills, progressing into agility work

These instructions are general guidelines from Dr. Tannenbaum's office. Always follow any specific instructions given to you by Dr. Tannenbaum or his team. Questions? Call Southern Indiana Orthopedics at (812) 376-9353.