Brandon M. Tauberg, M.D.
Orthopaedic Sports Medicine Surgeon
Arthroscopic and Shoulder Surgery
www.brandontaubergmd.com

South Hills Location
2000 Oxford Drive
Suite 211, 2nd Floor
Pittsburgh, PA 15102
412-283-0260 (office)
412-283-0070 (fax)

PATELLAR AND QUADRICEPS TENDON REPAIR

	Weight Bearing	Brace	ROM	Therapeutic Exercise	Return to run/sports	Restrictions
Phase I 0-3 Weeks	WBAT with crutches and brace locked	Brace locked in extension	None Encourage full extension	Heel props	None	**NO SLR*****
Phase II 3-6 Weeks	WBAT with crutches and brace locked	Brace locked in extension for walking. May open for sedentary activity.	Progress ROM Week 3: 0-45 Week 4: 0-60 Week 6: 0-90	Sub maximal quad isometrics (25%) Patellar Mobs	None	**NO SLR***** No active knee extension, Flexion 90 max
Phase III 6-12 Weeks	Advance to FWB Discontinue crutches when normal gait	Brace open 0-90 Wean out of when normal gait and adequate quad control	Progressive active and gradual passive knee flexion Stretch all uninvolved muscle groups	Quad sets, Progressive SLR (in brace and progress out), Wall slides to 45 degrees Partial squats	Progressive walking on level surfaces	Avoid FWB on stairs Limit closed chain knee extension arc to 0-30
Phase IV 12-16 Weeks	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Step up-down progression Cautious use of weight training machines May start open chain quad strengthening	Walking on level surfaces and inclines	Avoid jumping Step up stairs gradually
Phase V 16-20 Weeks	FWB	Neoprene support as needed	Full ROM Stretch all muscle groups	Progressive strengthening Avoid overload	Walk to jog progression	Step down stairs gradually
Phase VI 20 Weeks and beyond	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

Patients may return to sports after 6 months if appropriate (motion regained and strength 85-90% contralateral side) pending physician exam.

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SURGERY ASSOCIATES, P.C.