



# SIU MEDICINE

## ORTHOPEDICS

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### **POST-OPERATIVE QUAD/PATELLA TENDON REPAIR REHAB GUIDELINES**

**Diagnosis/Surgery:** \_\_\_\_\_

**Frequency** – twice per week for 8-12 wks

#### **PHASE 1: Immediate Post-op**

##### **Goals:**

1. Pain control
2. Reduce swelling
3. Safe ambulation with hinged knee brace locked in extension  
Walker, crutches, or cane

##### **Activity:**

1. Ice, TEDS, pain medication
2. Ankle pumps

#### **PHASE 2: MAXIMUM PROTECTION – WEEKS 2-4**

##### **Goals:**

1. Pain control, reduce swelling
2. Maintain full extension
3. Independent ambulation

##### **Activity:**

1. Cold therapy, TENS, FES
2. Active range of motion 0-30° flexion
3. WBAT in brace in full extension only
4. Straight leg raises, active quad exercises in brace only
5. PROM for extension work only
6. Patella mobilization

### PHASE 3: PROGRESSIVE ROM – WEEKS 5-8

**Goals:**

1. Protect repair
2. Flexion to 90 ° by week 8
3. Straight leg raise

**Activity:**

1. Advance AROM 15-20 °/week in brace
2. Continue swelling control and patella mobility
3. Quad isometrics, straight leg raises
4. Closed chain strengthening  
VMO function, hamstring

### PHASE 4: WEEKS 9-12

**Goals:**

1. Full ROM
2. Restore normal gait mechanics

**Activity:**

1. Advance to full ROM  
PROM for flexion – full flexion by week 12
2. Wean brace
3. Terminal quad stretching
4. Closed chain kinetic strengthening exercises
5. Bike against resistance

### PHASE 5: >3 MONTHS

**Activity:**

1. Home exercise program
2. Multi-directional functional core program
3. Bike, treadmill, elliptical
4. Quad strengthening without restriction
5. Return to sports at 4 months

**Additional Instructions:**

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Elisabeth C. Robinson, MD

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Date