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 Post-Operative Rehabilitation Protocol:  
 Patellar & Quadricep Tendon Repair

	Range of Motion	Brace	Exercises
Phase 1 0-2 weeks  WBAT with crutches and brace	NONE	Brace must be locked in extension at all time  Okay to be off for hygiene only	Heel slides, quad sets, patellar mobs, SLR, calf pumps
Phase 2 2-8 weeks  FWB while in the brace	PROM 2-6 weeks  2-3 weeks: 0-45 degrees  3-4 weeks: 0-60 degrees  4-5 weeks: 0-90 degrees  Start AROM after the 6 week mark  5-8 week: Progress slowly as tolerated	0-6 weeks Brace must be <b>locked</b> in extension when <b>walking</b>  Continue to wear the brace while doing exercises  Okay to be off for hygiene  Discontinue at the 8 week mark	Advance phase 1 exercises  Add side-lying hip/core/glutes  Begin weight bearing calf raises  <b>No weight bearing with flexion &gt;90 degrees</b>
Phase 3 8-12 weeks  FWB	Full passive and active range of motion	None	Progress closed chain activities  Begin hamstring work, lunges/leg press 0°-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike when able
Phase 4	Full passive and active range of motion  Start strengthening	None	Progress phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 weeks. Advance to sport specific drills and running/jumping after 20 wks once cleared by MD