

**QUADRICEPS/PATELLAR TENDON  
 REPAIR REHAB PROTOCOL**

	<b>Weightbearing</b>	<b>Brace</b>	<b>Motion</b>	<b>Therapeutic Exercises</b>
<b>0 to 2 weeks</b>	No weight on the operative side (NWB)	Locked in full extension at all times	None—maintain full extension	No formal physical therapy. Maintain compression (e.g. with ACE wrap). Ankle pump sets.
<b>2 to 4 weeks</b>	Partial weightbearing (PWB) in brace locked in extension with crutches/walker	Locked in full extension for ambulation; unlock (0° to 30°) for PT	Progress to 0° to 30° with PT	Begin formal physical therapy week 2. Progress to PWB using crutches or walker. Progress motion with flexion not to exceed 30°: heel slides, prone, passive. Maintain full passive knee extension to 0°. Ankle pumps, seated gastroc stretching.
<b>4 to 6 weeks</b>	Weightbearing as tolerated (WBAT) in brace locked in extension	Locked in full extension for ambulation; unlock (0° to 60°) for PT	Progress to 0° to 60° with PT	Continue weightbearing transition. Progress gait training and wean crutches/walker to full weightbearing by 6 weeks. Maintain full passive knee extension to 0°. Continue ankle pumps and seated gastroc stretches.
<b>6 to 8 weeks</b>	WBAT in brace	Locked in full extension for ambulation; unlock (0° to 90°) for PT	Progress to 0° to 90° with PT	Progress motion up to 90° and continue gait training as needed. Initiate patellar mobility.
<b>8 to 12 weeks</b>	WBAT in brace	Unlock for ambulation once able to flex 90° and sufficient quad stability	Progress to full range of motion as tolerated	Gait normalization. Closed chain strengthening (partial wall slides, mini-squats, low-resistance leg press). Isometric quad sets in extension. Progress hip, hamstring, calf strengthening. Stationary bike. May begin aquatic exercises if available for gait training and extremity strengthening.
<b>12 to 16 weeks</b>	Full	Wean from brace once ambulating comfortably with brace unlocked	Full, active range of motion	Begin progressive resistive exercises. Avoid open chain and terminal resisted knee extension. May begin elliptical. Initiate proprioception and balance exercises.
<b>16 to 20 weeks</b>	Full	None	Maintain full, active range of motion	Continue previous exercises. Single-leg closed chain strengthening (leg press, step up/down, partial lunge). Advance cycling, start light jogging. Progressive strengthening, plyometric, and agility training. May introduce sport-specific training.
<b>20+ weeks</b>	Full	None	Maintain full, active range of motion	Continue progressive, sport-specific activities to resume normal activity when quadriceps and hamstring strength ≥ 90% of opposite side. Maintain strength, agility, proprioception.