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Physical Therapy Guidelines following Patellar/Quadriceps Tendon Tear

These guidelines should be tailored to individual patients based on their rehab goals, age, precautions, quality of repair, etc. Progression should be based on patient progress and at the discretion of the physical therapist and after a discussion with Dr. Sivasundaram.

- 0-6 Weeks: WBAT, Brace locked in extension 0-2 weeks
 WBAT Brace unlocked to 30 degrees flexion 2-4 weeks
 WBAT Brace unlocked to 60 degrees flexion 4-6 weeks
 ROM: 0-30° Weeks 2-4
 0-60° Weeks 4-6
 0-90° Weeks 6-9
 Patella mobilization
 SLR supine with brace locked at 0 degrees, Quad Sets
 Ankle Pumps
- 6-12 Weeks: Unlock brace for ambulating. Wean from brace as tolerated.
 May D/C crutches when gait normalized.
 Normalize ROM. No limits.
 Begin short crank ergometry and progress to
 Standard (170mm) ergometry (if knee ROM > 115 degrees)
 Advance quad strengthening
 Mini Squats / Weight Shift
- 3-6 Months: Normal gait, WBAT with no assist
 Full, Normal ROM
 Leg Press, Squats
 Initiate running/jogging
 Isotonic Knee Extensions (90-40 degrees, closed chain preferred)
 Agility exercises (sport cord)
 Versaclimber/Nordic Track
 Normalize quad strength