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Patellar/Quad Tendon Repair

Phase I

0-2 weeks:

- Weight bearing as tolerated with brace locked in full extension and crutches, brace locked in extension at all times, start 0-40° while non-weight bearing.
- Heel slides, quad sets, patellar mobilization, calf pumps

Phase II

3-8 weeks:

- Full weight bearing while in brace, continue Phase I exercises.
- Week 3-4, locked in full extension at all times except when doing exercises, non-weight bearing motion from 0-60°
- Week 4-6, brace off at night, locked in full extension at all times except when doing exercises, non-weight bearing motion from 0-90°
- Week 6-7, brace unlocked from 0-40°
- Week 7-8, brace unlocked from 0-60°
- Discontinue brace at 8 weeks

Phase III

8-12 weeks:

- Progress closed chain exercises, begin hamstring strengthening 0-90°
- Balance training
- Stationary bike

Phase IV

12-20 weeks:

- Progress Phase III exercises
- Elliptical/Treadmill as tolerated
- Swimming ok at 12 weeks