



Date of Surgery: \_\_\_\_\_ Patellar or Quadriceps Tendon Reconstruction

Postop	Goals	Precautions	Exercises
<b>Weeks 0-2</b> PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Maintain full extension Limit quad inhibition	TTWB Brace locked in extension at all times for ambulation and during sleep - remove for exercises only No active or passive knee ROM Avoid prolonged standing/walking Ensure proper brace alignment	Brace education Cryotherapy Proximal/distal strengthening Quadriceps re-education & isometrics SLR brace locked in extension Scar mobilization Patella mobilization Gait training
<b>Weeks 2-6</b> PT 1-2x/week HEP daily	Edema and pain control Protect surgical repair Maintain full extension Limit quad inhibition Goal: ROM 0-60°	PWB (50%), progress to WBAT Brace locked in extension at all times for ambulation and during sleep - remove for exercises only No active knee extension Avoid prolonged standing/walking Ensure proper brace alignment <b>Must adhere to MD ROM limit</b> <b>Knee flexion progression:</b> 0-30° starting in week 3 Goal of 60° by 6 weeks	Continue Phase 1 exercises Seated A/AA knee FLEXION within limits Passive knee EXTENSION Emphasize adherence to ROM limits, brace compliance
<b>Weeks 6-9</b> PT 2-3x/week HEP daily	Goal: ROM 0-90° No extensor lag Normalize gait Wean from gait aids Minimize pain and swelling	Brace locked in extension at all times for ambulation and during sleep - remove for exercises only <b>Notify MD if knee flexion</b> <90° by 9 weeks	Continue Phase 2 exercises Active flexion/passive extension to 90° SLR with brace unlocked
<b>Weeks 9-12 weeks</b> PT 1-2x/week HEP daily	Progress to full ROM Brace only when walking Return to normal ADLs	Maintain brace with ambulation Swimming OK at 12 weeks	Continue Phase 3 exercises Progress ROM as tolerated (active and passive) Closed chain resistance Progressive resisted quad strengthening until return to prior level of activity
<b>Weeks 12+</b> PT 1-2x/week HEP daily	Maximize strength, flexibility, and endurance	Wean brace when quadriceps strength/control allows	Continue Phase 4 exercises Activity-specific exercises in effort to return patient to pre-injury level of activity