



**Matthew Gotlin, MD**  
**159 East 74<sup>th</sup> Street**  
**New York, NY 10021**

**REHAB PROTOCOL: Patellar Tendon or Quadriceps Tendon Repair**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

**Phase I (Protection phase): Weeks 1-8**

**Immobilization**

- WBAT in a brace locked in extension (can discontinue crutches at 4-6 weeks if good quad control)

**Exercises guidelines**

- PROM and AAROM of knee
  - **Weeks 0-3:** 0-30 degrees
  - **Weeks 3-5:** 0-45 degrees
  - **Weeks 5-6:** 0-60 degrees
  - **Weeks 6-8:** 0-90 degrees
- Patellar mobilization
- Calf pumps
- Submaximal isometric contraction (quad sets)
- Isometric hamstring exercises
- Contralateral LE strengthening
- Straight leg raise without resistance at 6 weeks

**Phase II (Active range of motion) Weeks 8-12**

**Immobilization**

- WBAT in a unlocked hinged brace (if no extension lag and good quad control)

**Exercises guidelines**

- AROM and AAROM
- Progress to full ROM by week 12

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407



- Stationary bike (if ROM allows)

### **Phase III (Strengthening phase) 3 -4.5 months**

#### **Immobilization**

- WBAT; Discontinue brace

#### **Exercise Guidelines**

- Continue ROM
- End range stretching
- Continue isometrics-->resistance strengthening

### **Phase IV (Advanced Strengthening phase) 4.5 months and beyond**

#### **Exercise Guidelines**

- Continue strengthening
- Focus on single leg strength
- Start treadmill walking and advance to light jogging program
- Advance activity level
- May begin jumping when ipsilateral strength is 85-90% of contralateral extremity
- **Gradual return to sport/activity at 6 months**

#### **Modalities**

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS

#### **Evaluation and others**

- ◇ Teach home exercise program

#### **Comments:**



Frequency: 2 times per week

Duration: 12 weeks

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

159 East 74th Street  
New York, NY 10021  
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310  
Scarsdale, NY 10583  
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100  
Westbury, NY 11590  
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road  
Staten Island, NY 10306  
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue  
Brooklyn, NY 11201  
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13<sup>th</sup> Street, 6<sup>th</sup> Floor  
New York, NY 10077  
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard  
North Bergen, NJ 07047  
Tel: 212-737-3301 Fax: 212-734-0407