

Neofitos Stefanides, M.D., P.C.

neostefanidesMD@yahoo.com

44-01 Francis Lewis Blvd L3B
Bayside, NY 11361
Ph: 718.989.8515
Fax: 718.626.0102

1205 Franklin Avenue Suite 150
Garden City, NY 11530
Ph: 718.989.8515
Fax: 718.626.0102

30-74 31st st. 2nd fl.
Astoria, NY 11102
Ph: 718.989.8515
Fax: 718.626.0102

Name: _____ **Date:** _____
Diagnosis: _____ **Date of Surgery:** _____

Rehabilitation Protocol: Quadriceps and Patellar Tendon Repair

Phase I (Weeks 4-10)

Weightbearing: As tolerated in the hinged knee brace locked in extension

Hinged Knee Brace: Progressive increase in flexion allowed under guidance of PT

○ **Week 4: 0-30, Week 5: 0-40, Week 6: 0-70, Week 8: 0-90, Week 10:**

Unlocked

Range of Motion: PROM and AAROM as tolerated according to restrictions above

Therapeutic Exercise

- Begin isometric quadriceps strengthening, straight leg raises
- Patellar mobilization, scar massage

Phase II (Weeks 10-16)

Weightbearing: As tolerated -- in unlocked hinged knee brace until week 12

Hinged Knee Brace: Completely unlocked for Weeks 10-12, Discontinue brace at Week 12 if patient capable of straight leg raise with good quad control

Range of Motion: AAROM → AROM as tolerated, Goal: full flexion by week 12-14

Therapeutic Exercise

- Continue with patellar mobilizations
- Start stationary bicycle when ROM allows, Aquatic therapy
- Begin progressive resistance exercises/therabands

Phase III (Months 4-6)

Weightbearing: As tolerated

Range of Motion: Full and painless

Therapeutic Exercise

- Continue with quadriceps strengthening, Focus on single leg strength
- Start treadmill walking – progress to light jogging starting at month 6

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Phase IV (Months 6-12)

- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance