



THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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Quadriceps/Patellar Tendon Repair

Name: _____

Date: _____

ROM RESTRICTIONS

ACTIVE - Prone
PASSIVE - Prone or Supine
Week 1-2 -5-30
Week 3-4 -5-60
Week 4-6 -5-90

Start patellar tendon mobilizations day 2

BRACE SETTINGS

0-0 x 6 weeks

WEIGHT BEARING STATUS

Partial weight Foot Flat (<20lbs) bearing x 2-4 weeks

TIME LINES

● = Do exercise for that week

	Week													
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Initial Exercises														
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension - seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises					●	●	●	●						
Balance series					●	●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs - no resistance							●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins											●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends											●	●	●	
Double leg bridges											●	●	●	
Reverse lunge - static hold											●	●	●	
Beginning cord exercises											●	●	●	
Balance squats												●	●	●
Single leg deadlift												●	●	●
Leg press												●	●	●
Sports Test exercises												●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													●	●
Initial - single plane agility													●	●
Advance - multi directional agility														●
Functional sports test														●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

Signature: Scott C. Faucett