

**Texas Orthopaedic Surgical Associates
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Patellar or Quadriceps Tendon Rehab Protocol

Patient Name: _____

Date of Surgery: _____

Phase I: 0-2 Weeks

- Knee Immobilizer:** Worn at all times – taken off only for physical therapy sessions converted to hinged knee brace at first post-op visit
- Weightbearing:** WBAT with the knee locked in extension
- Range of Motion:** AROM/AAROM/PROM 0-30 degrees
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands

Phase II: 2-6 Weeks

- Knee Brace:** Worn with wb activities still locked in full extension– may be removed at night
- Range of Motion:** AROM/AAROM/PROM – add 15 degrees of flexion each week – Goal: 90 degrs by wk 6
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands; Initiate SLRs

Phase III: 6-10 Weeks

- Knee Brace:** Unlocked – worn with wb activities
- Weightbearing:** Full
- Range of Motion:** AROM/AAROM/PROM – progress to full ROM by post-operative week 10
- Exercises:** Isometric quads/hams/adds/abds strengthening; Ankle therabands; SLRs

Phase IV: 10-12 Weeks

- Knee Brace:** Discontinue
- Weightbearing:** Full
- Range of Motion:** Full
- Exercises:** Isometric quads/hams/adds/abds strengthening, Ankle therabands; Start stationary bicycle

Phase V: 3-6 Months -Return to full activities as tolerated

If you have any other questions or concerns please call my clinic.

A handwritten signature in blue ink, appearing to read "J. Lowry".

Dr. Jason K. Lowry, MD FAAOS