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Dual Fellowship-Trained Orthopedic Surgeon
 in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Extensor Mechanism (Patella/Quad Tendon) Repair Rehab Protocol

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-2 weeks	As tolerated with crutches and brace*	Locked in full extension for sleeping and all activity Off for hygiene	None, locked in extension at all times	Quad sets and calf pumps in brace
Phase II 2-8 weeks	As tolerated with crutches and brace	Week 3: 0-45°, unlocked Week 4: 0-60°, unlocked Week 5: 0-75°, unlocked Week 6: 0-90°, unlocked Week 7: 0-105°, unlocked Week 8: 0-120°, unlocked Discontinue brace at 8 weeks Off for hygiene and exercises	Starting at 45° advance 15°/week Week 3: 0-45° Week 4: 0-60° Week 5: 0-75° Week 6: 0-90° Week 7: 0-105° Week 8: 0-120°	Add side-lying hip/core/glutes Begin WB calf raises
Phase III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
Phase IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD