



Orthopaedics

OF STEAMBOAT SPRINGS

Patellar and Quadriceps Tendon Repair Protocol

- Hinged knee brace locked in full extension with ambulation for 6-8 weeks
- TTWB for 2 weeks using crutches
- Advance to weightbearing as tolerated 3rd week with brace locked in extension
- In brace, **ACTIVE FLEXION AND PASSIVE EXTENSION**
 - 0-15 degrees week 3
 - 0-30 degrees week 4
 - 0-45 degrees week 5
 - 0-60 degrees week 6
 - 0-90 during week 6-8
 - Full ROM after week 8
- Active, active-assisted and PROM exercises after week 6
- Sport specific exercises at 6 months

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