

## QUADRICEPS TENDON REPAIR

### Rehab Protocol

|                                | WEIGHT BEARING                           | BRACE  | ROM  | EXERCISES   |
|--------------------------------|--|--|--|---|
| <b>PHASE I</b><br>0-2 weeks    | As tolerated with crutches and brace***  | Locked in full extension for sleeping and all activity*<br><br>Off for exercises and hygiene   | <b>0-2 weeks:</b> 0-45° when non-weight bearing  | Heel slides, quad sets, patellar mobs, SLR, calf pumps  |
| <b>PHASE II</b><br>2-8 weeks   | <b>2-8 weeks:</b> Full WB while in brace | <b>2-4 weeks:</b> Locked in full extension day and night<br><br><b>4-6 weeks:</b> Off at night; locked in full extension daytime<br><b>6-7 weeks:</b> 0-45°<br><b>7-8 weeks:</b> 0-60°<br><br>Discontinue brace at 8 weeks | <b>2-3 weeks:</b> 0-60°<br><b>3-4 weeks:</b> 0-90°<br><br><b>4-8 weeks:</b> progress slowly as tolerated - refer to PT Rx for restrictions | Advance Phase 1 exercises<br>Add side-lying hip/core/glutes<br>Begin WB calf raises<br><br><b>No weight bearing with flexion &gt;90°</b>  |
| <b>PHASE III</b><br>8-12 weeks | Full                                     | None   | Full   | Progress closed chain activities<br><br>Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes<br><br>Begin stationary bike when able  |
| <b>PHASE IV</b><br>12-20 weeks | Full                                     | None   | Full   | Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike<br><br>Swimming okay at 12 wks<br><br>Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD |

\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

\*\*Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

\*\*\*WB status may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.