**QUAD TENDON REPAIR**

**REHABILITATION PROTOCOL**

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|  | **WEIGHT BEARING** | **BRACE** | **ROM** | **EXERCISES** |
| **PHASE I** 0-2 weeks | As tolerated with crutches and brace\*\*\* | Locked in full extension for sleeping and all activity\*  Off for exercises and hygiene | **0-2 weeks**: 0-45° when non-weight bearing | Heel slides, quad sets, patellar mobs, SLR, calf  pumps |
| **PHASE II** 2-8 weeks | **2-8 weeks:** Full WB while in brace | **2-4 weeks**: Locked in full extension day and night  **4-6 weeks:** Off at night; locked in full extension daytime  **6-7 weeks:** 0-45°  **7-8 weeks:** 0-60° Discontinue brace at 8 weeks | **2-3 weeks**: 0-60°  **3-4 weeks**: 0-90°  **4-8 weeks:** progress slowly as tolerated - refer to PT Rx for restrictions | Advance Phase 1 exercises  Add side-lying hip/core/glutes Begin WB calf raises **No weight bearing with flexion >90°** |
| **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 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.