

QUAD TENDON REPAIR

REHABILITATION PROTOCOL

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|  | **WEIGHT BEARING** | **BRACE** | **ROM** | **EXERCISES** |
| **PHASE I** | As tolerated with | Locked in full | **0-2 weeks**: 0-30° | Heel slides, quad sets, |
| 0-2 weeks | crutches and | extension for | when non-weight | patellar mobs, SLR, calf |
|  | brace\*\*\* | sleeping and all | bearing only | pumps |
|  |  | activity\* |  |  |
|  |  | Off for exercises |  |  |
|  |  | and seated hygiene |  |  |
| **PHASE II**2-8 weeks | **2-8 weeks:** Full WB while in locked braceSupervised crutch assisted gait with brace unlocked with restrictions 🡪 | **2-4 weeks**: Locked in full extension day and night**4-6 weeks:** Off at night; locked in full extension daytime/walking**6-7 weeks:** 0-45° while walking**7-8 weeks:** 0-60° while walking  | **2-3 weeks**: 0-45°**3-4 weeks**: 0-60°**4-6 weeks**: 0-90°**6-8 weeks:** progress >90° slowly as tolerated  \*\*OK to remove brace for supervised ROM exercises\*\* | Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises**No weight bearing with flexion >90°** |
|  |  | Discontinue walking brace at 8 weeks |  |  |
| **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 bikeSwimming okay at 12 wksAdvance to sport-specific drills and running/jumping after 20 wks once cleared by MD |

**\***Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided, which will include a notification if additional ROM restrictions are in place.