



Quadriceps Tendon Repair Rehabilitation Protocol

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Diagnosis: Right/Left Knee Quad Tendon Repair _____

Date of Surgery: _____

Weeks 0-2

- Weight bearing as tolerated with crutches and brace locked in full extension
- Brace locked in extension for all activities and sleeping, may take off for exercises and hygiene
- ROM – 0-45° when non weightbearing
- Patellar mobilization daily.
- Exercises – quad sets, SLRs, heel slides, etc.
- Modalities prn (ie electrical stimulation, ultrasound, etc) per discretion of therapist.

Weeks 2-6

- Continue full weight bearing as tolerated with brace locked in extension
- ROM:
 - o Weeks 2-4: 0-60°
 - o Weeks 4-6: 0-90°
- Exercises: continue aggressive patella mobs, quad sets, SLRs, heel slides; no active knee extension
- Continue modalities prn as indicated above.

Weeks 6-12

- Brace: Open brace to 30-40° with full weightbearing and advance; avoidance of full weightbearing with knee flexion past 90° for 12 weeks
- Wean out of brace from 8-12 weeks and normalize gait
- ROM: progress to full range of motion as tolerated
- Exercises: continue aggressive patella mobs, prone knee flexion
- At 8-12 weeks start closed chain quadriceps strengthening program, hamstring work, lunges/leg press 0-90°, proprioception
- Begin stationary bike when able, treadmill walking forward and backward
- Continue modalities prn as indicated above.

Weeks 12-24

- Brace should be discontinued by now

- Advance open and closed kinetic chain strengthening: single leg balance, core, glutes, eccentric hamstrings
- Increase intensity on bike, treadmill, or elliptical
- May begin leg extensions at 4 months
- Progress jogging/running program at 5 months
- Advance to sport specific drills and running/jumping after 5 months once cleared by physician