

QUAD TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with crutches and brace***	Locked in full extension day and night* Off for hygiene	0-2 weeks: 0-45° when non-weight bearing	Quad sets, patellar mobs, SLR, calf pumps
PHASE II 2-8 weeks	4-8 weeks: Wean crutches , 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 walking 6-7 weeks: 0-45° 7-8 weeks: 0-60° Discontinue brace at 8 weeks	2-4 weeks: 0-60° 4-8 weeks: progress slowly as tolerated	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion>90° Begin stationary bike at 4 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
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