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**QUADRICEPS TENDON REPAIR      REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> (0-2 weeks)	PWB with crutches and brace*	Locked in extension, worn at all times (including sleeping). May remove for hygiene and exercises**	<b>0-2 weeks:</b> 0-45 degrees when NWB	Heel slides, quad sets, patellar mobs, SLR, ankle pumps
<b>PHASE II</b> (2-8 weeks)	<b>2-8 weeks:</b> FWB while in brace	<b>2-4 weeks:</b> locked in full extension day and night <b>4-6 weeks:</b> off at night; locked in full extension daytime <b>6-7 weeks:</b> 0-45 degrees <b>7-8 weeks:</b> 0-60 degrees <b>D/C brace at 8 weeks</b>	<b>2-3 weeks:</b> 0-60 degrees <b>3-4 weeks:</b> 0-90 degrees <b>4-8 weeks:</b> progress slowly as tolerated	Advance Phase 1.  Add sidelying core/hip/glutes  <b>NO weight bearing with flexion &gt; 90 degrees</b>
<b>PHASE III</b> (8-12 weeks)	FWB	NA	Full ROM	Progress closed chain activities. Begin hamstring work, lunges & leg press 0-90 degrees; balance exercises/core/glutes. Stationary bike as able
<b>PHASE IV</b> (12-20 weeks)	FWB	NA	Full ROM	Progress functional activities, SLS, eccentric hamstrings, bike***

\*WB status many vary. Please confirm with surgeon.

\*\*Brace settings may vary depending on surgery.

\*\*\*Swimming ok at 12 weeks. Advance to sport-specific drills, running/jumping at 20 weeks/once cleared by surgeon.