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QUADRICEPS TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 weeks)	PWB with crutches and brace*	Locked in extension, worn at all times (including sleeping). May remove for hygiene and exercises**	0-2 weeks: 0-45 degrees when NWB	Heel slides, quad sets, patellar mobs, SLR, ankle pumps
PHASE II (2-8 weeks)	2-8 weeks: FWB 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 degrees 7-8 weeks: 0-60 degrees D/C brace at 8 weeks	2-3 weeks: 0-60 degrees 3-4 weeks: 0-90 degrees 4-8 weeks: progress slowly as tolerated	Advance Phase 1. Add sidelying core/hip/glutes NO weight bearing with flexion > 90 degrees
PHASE III (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
PHASE IV (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.