

**QUAD TENDON REPAIR
REHABILITATION PROTOCOL
Dr Carson (Revised 3/22/18)**

ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
 - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.
- ASA 325 p/o daily X2 weeks unless contraindicated (i.e. Coumadin, Bloodthinners, Allergies)

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE 1 0-2 weeks	As tolerated with crutches and brace	Locked in full extension for sleeping and all activity Off for exercises and hygiene	0-2 wks: 0-45 degrees when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
PHASE 2 2-8 weeks	Full WB while in brace	2-4 wks: Locked in full extension day and night 4-6 wks: Off at night; locked in full extension daytime 6-7 wks: 0-45 degrees 7-8 wks: 0-60 degrees d/c brace at 8 wks.	2-3 wks: 0-60 degrees 3-4 wks: 0-90 degrees 4-8 wks: progress slowly as tolerated- refer to PT Rx for restrictions	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises Scar mobs 4-6 weeks when adequate healing No weight bearing with flexion >90 degrees
PHASE 3	Full	None	Full	Progress closed chain activities

8-12 weeks				<p>Begin Hamstring work, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes</p> <p>Being stationary bike when able</p>
PHASE 4 12-20 weeks	Full	None	Full	<p>Progress Phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike</p> <p>Swimming okay at 12 wks</p> <p>Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD</p>