

**QUAD TENDON REPAIR  
REHABILITATION PROTOCOL  
Dr. Levene Revised 10/19/2018**

**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. Passive only. No active extension for 6 weeks
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.
- ASA 325 p/o daily X4 weeks unless contraindicated (i.e. Coumadin, Bloodthinners, Allergies)
- Brace locked 0 degrees for ambulation & night time for 6 weeks

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE 1</b> 0-2 weeks	As tolerated with crutches and brace	Locked in full extension for sleeping and all activity x 6 weeks  Off for PT exercises and bag over brace to shower 1 <sup>st</sup> week	<b>0-2 wks:</b> 0-45 degrees when non-weight bearing w/ PT assist No active extension	Heel slides, quad sets, patellar mobs, SLR w/ brace, calf pumps
<b>PHASE 2</b> 2-8 weeks	Full WB while in brace	<b>6-8 wks:</b> 0-90 degrees  d/c brace at 8-10 wks based on quad control.	<b>2-3 wks:</b> 0-60 degrees  <b>3-4 wks:</b> 0-90 degrees  <b>4-6 wks:</b> 0-120 degrees  <b>6-10 wks:</b> Slowly progress to full ROM	Advance Phase 1 exercises: SLR in brace  Add side-lying hip/core/glutes  Begin WB calf raises  Scar mobs 3-4 weeks when adequate healing  <b>No weight bearing with flexion &gt;90 degrees</b>  Active extension begins @ 6 weeks.

				SLR ok without brace at 6 wks
<b>PHASE 3 Begin at 8 wks</b> 8-12 weeks  Okay to begin plyometrics & running at 4 months post op	Full	None	Full	Progress closed chain activities, light strengthening, high rep low total resistance  Begin Hamstring work, lunges/leg press 0-90 degrees, proprioception exercises, balance/core/hip/glutes  Being stationary bike when able
<b>PHASE 4</b> 12-20 weeks	Full	None	Full	Progress Phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike  Swimming okay at 12 wks  Advance to sport-specific drills after 20 wks once cleared by MD