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ORTHOPAEDIC SURGERY | SPORTS MEDICINE

# Rehabilitation Protocol: Quadriceps Tendon Repair

## Phase I: 0-6 weeks

- Brace: hinge knee brace, locked in extension while sleeping and at all times except when in therapy
- ROM: okay to unlock for therapy as follows:
> Extension weeks 0-2
> 0-30 deg weeks 2-3
> Progress ~15 deg thereafter per week
- Weightbearing: WBAT in extension
- Exercises:
    - Patellar mobilization
    - Straight leg raise supine with brace locked at 0 degrees
    - Quad sets
    - Ankle pumps

## Phase II: 6-12 weeks

- Brace: unlock brace for ambulating, wean from brace as tolerated
- ROM: gradually normalize ROM, no limits, focus on maintaining full extension
- Weightbearing: full WBAT, may d/c from crutches when gait normalized
- Exercises:
    - Begin short crank ergometry and progress to standard (170mm) ergometry (if knee ROM >115 deg)
    - Advance quad strengthening (closed chain)
    - Mini squats/weight shift

## Phase III: 3-6 months

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT
- Exercises:
    - Leg press, squats
    - Initiate jogging/running
    - Isotonic knee extensions (90-40 degrees, closed chain preferred)
    - Agility exercises (sport cord)
    - Versaclimber/Nordic track
    - Normalize quad strength
    - Modalities PRN

## Phase IV: 6+ months

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT
- Exercises:
    - Sport-specific exercises
    - Return to sport-- MD directed
    - Modalities PRN

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