



Quad Tendon Repair
 Dr. Michael Gibbons
 Jeff Roberts, PA-C
 Midwest Orthopaedic Center — Peoria, IL

	WEIGHT BEARING	ROM	EXERCISES
Phase 1: 0-2 weeks 2-3x/week	WBAT in brace locked in full extension Crutches.	0°	ankle pumps, quad sets, Glute sets, Ankle PRE's, calf towel stretch NMES to quads as needed
Phase 2: 2-6 weeks 2-3x/week	FWB in brace locked in full extension Crutches as needed	0°-30° At rest, brace can be opened to match knee's ROM (<30°)	Continue phase I exs. SLR's x4 way with brace locked; If GOOD quad control, can perform SLR's with brace unlocked (no weight). Heel slides; Supine TKE's vs resistance band Soft Tissue Mobilization, Patellar mobilizations
Phase 3: 6-8 weeks 2x/week	WBAT in brace that is opened to match the knee's available ROM(<90°), if safe 1-2 Crutches as needed	0°-90° At rest, brace can be opened to match knee's ROM (<90°)	Continue phase I/II exs and modalities Standing Calf raises; Standing hip exs.; Hamstring work; gait training; Standing TKE's vs resistance.
Phase 4: 8-10 weeks 2x/week	FWB in open brace	ROM as tolerated	Increased closed-chain quad activities No Weight-Bearing flexion > 90° Shuttle, mini-squats Balance/Proprioception
Phase 5: 10-12 weeks 1-2x/week	Full; Discontinue Brace	No restrictions	Begin bike when ROM allows; Do not force motion 4 inch step ups forward, lateral
Phase 6: 12-24 weeks 1x/week	Full	Full	Lateral and retro-walking Progress Balance/Proprioception Progress Closed chain activities Increase dynamic loads Advance stairs, step ups, step downs

MD post op appts: 2 weeks, 6 weeks, 12 weeks, 5 months.
 Please send PT progress notes prior to each of these MD appts.
 This protocol is not a substitute for clinical decision making of the health care professional.
 Please see PT referral for any specific post op instructions.
 Be mindful of factors of : Medical co-morbidities, BMI, diabetes, age, ultimate goals/activity level