

QUAD TENDON REPAIR

REHABILITATION PROTOCOL

PHASE I (0–2 Weeks)

Weight Bearing:

- As tolerated with crutches and brace***

Brace:

- Locked in full extension for sleeping and all activity*
- Off for exercises and hygiene

Range of Motion (ROM):

- 0–45° when non-weight bearing

Exercises:

- Heel slides
 - Quadriceps sets
 - Patellar mobilizations
 - Straight leg raises
 - Calf pumps
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PHASE II (2–8 Weeks)

Weight Bearing:

- Full weight bearing while in brace (2–8 weeks)***

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°
- 7–8 weeks: 0–60°
- Discontinue brace at 8 weeks

Range of Motion (ROM):

- 2–3 weeks: 0–60°
- 3–4 weeks: 0–90°
- 4–8 weeks: Progress slowly as tolerated – refer to PT Rx for restrictions
- *No weight bearing with flexion >90°*

Exercises:

- Advance Phase I exercises
 - Add side-lying hip/core/glute strengthening
 - Begin weight-bearing calf raises
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PHASE III (8–12 Weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Progress closed-chain strengthening
 - Begin hamstring work
 - Lunges / leg press (0–90°)
 - Proprioception, balance, and core/glute stability work
 - Begin stationary bike when able
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PHASE IV (12–20 Weeks)

Weight Bearing: Full

Brace: None

Range of Motion (ROM): Full

Exercises:

- Continue progression of Phase III exercises and functional activities
- Single-leg balance, core, glutes, eccentric hamstrings
- Elliptical and bike

- Swimming permitted at 12 weeks
 - Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD
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Notes:

* Brace may be removed for sleeping after first post-operative visit (day 7–10)

** Brace settings may vary depending on the exact procedure. Refer to specific PT prescription provided.

*** Weight-bearing status may vary depending on the procedure. Refer to specific PT prescription provided.