

Quad Tendon Repair: Post-op Protocol

Weeks 1-2: Ambulate with leg in full extension in hinged knee brace. May do isometric quad sets, straight leg raises as tolerated

- Remove staples after 2 weeks

Weeks 3-8: Quad stim, edema control, calf strengthening. Begin ROM program consisting of active prone flexion, 0-30 degrees with gravity assisted extension. Increase 10-15 degrees/week as tolerated. If available slide board assisted extension with active flexion in place of prone flexion. Continue modalities, patellar mobilization and scar massage. May do straight leg raises as tolerated. Can strengthen hamstrings with open chain exercises as tolerated within comfortable range of motion. When able to SLR may ambulate in brace with ROM control 0-45 degrees. D/C brace at 6 weeks as tolerated.

Weeks 8-12: Begin gentle progressive quad extension exercises with gravity resistance followed by progressive theraband resistance. Resistance exercises in the range of 0-45 degrees for weeks 8-10 and 0-90 degrees from week 10 on. Begin low resistance stationary bicycle exercises with seat height elevated to comfort level.

Weeks 12+: May begin elliptical machine, jogging, strengthening as tolerated.

- Return to sports if isokinetic strength testing 85% of opposite leg in 4-6 months