

Quadriceps Tendon Repair

Thomas K. Comfort, MD

PHASE I (1-4 WEEKS POST OP):

Precautions: Brace should be locked at 0° for 4 weeks; increase 30° each week after up to 90° at week 6

- Weight bearing as tolerated with brace
- Brace locked at 0°
- Quad sets
- Ice & elevation
- EMS

PHASE II (4-6 WEEKS POST OP):

- Weight bearing as tolerated with brace 0-90°
- Heel slide ROM within 0-90°
- Quad sets 3x/day
- Supine and prone SLR
- Adductor/Hamstring Isometrics

PHASE III (6-8 WEEKS POST OP):

- Brace full ROM
- Add hamstring Isotonics
- SLR all 4 positions
- Start light closed chain exercises
- Exercise bike for ROM

PHASE IV (9-10 WEEKS POST OP):

- Brace full ROM
- Increase CKC rehab
- Begin Aerobic bike
- Add leg press
- Increase hamstring Isotonics