



Post-Operative Rehabilitation for Quadriceps Tendon Repair

Phase I: Weeks 0-2

- Weight bearing as tolerated with crutches and brace.
- Brace (If Applicable) Locked in full extension at all times, including sleep. May remove for showering and exercises.
- ROM:
 - Non weight bearing 0-45°
- Exercises
 - Heels slides, quad sets, SLR, ankle pumps, heel props, patellar mobs

Phase II: Weeks 2-8

- Full Weight bearing in brace
- Brace:
 - 2-4 weeks: Locked in full extension at all times, including sleep
 - 4-6 weeks: Locked in full extension during the day, off at night.
 - 6-7 weeks: 0-45°
 - 7-8 weeks: 0-60°
 - Discontinue at 8 weeks.
- ROM
 - 2-3 weeks: 0-60°
 - 3-4 weeks: 0-90°
 - 4-8 weeks: progress slowly as tolerated (Refer to PT script for any restrictions)
- Exercises:
 - Advance Phase I exercises
 - Side lying core/hip/glute exercises
 - Begin WB calf raises
 - **NO WB >90°**

Phase III: Weeks 8-12

- ROM: Full
- Exercises:
 - Progress closed chain activities
 - Begin hamstring work; lunges/leg press 0-90°
 - Proprioception/balance exercises

- Progress core/hip/glutes exercises
- Begin stationary bike when able

Phase IV Weeks 12-20

- ROM: Full
- Exercises
 - Progress Phase III exercise and functional activities
 - Add single leg balance
 - Continue with core/hip/glutes strength
 - Begin eccentric hamstrings
 - Begin elliptical, continue with bike
 - 12 weeks: May begin swimming
 - 20 weeks: Advance to sport-specific drills and running/jumping once CLEARED BY MD