

POST OPERATIVE PROTOCOL

Quadriceps Tendon Reconstruction Rehabilitation Protocol

Phase I - weeks 0-4

- Hinged knee brace locked in extension at all times
- Touch weight bearing with crutches
- Hip abduction
- Ankle ROM and gastoc-soleus strengthening with tubing/therabands

Phase II - weeks 4-6

- Continue hinged brace locked in extension
- May partial weight bear with brace locked in extension
- May remove for hygiene purposes leaving knee in extension
- Isometric straight leg raises with brace locked in extension
- Isometric hamstring strengthening

Phase III - weeks 6-12

- Continue hinged brace locked in extension for ambulation, may remove/unlock for therapy
- May fully weight bear with knee locked in extension
- Begin passive knee extension; active knee flexion to 30°, to 60° @ week 8, then to 90° @ week 10
- Continue previous exercises
- Patella mobilization
- Isometric straight leg raises with brace locked in extension
- Isometric hamstring strengthening

Phase IV - weeks 12-16

- May start to unlock brace with ambulation; begin with flexion locked @ 45°, then advance 10°/week as quadriceps control increases
- Continue previous exercises
- Begin AROM knee extension
- Advance active knee flexion to 120°
- Stationary bicycle, start with no resistance and low knee flexion angle, and then may slowly advance
- At week 14, may begin treadmill walking program

Phase V - weeks 16-20

- Ambulation with brace fully unlocked, then wear out of brace as tolerated
- Continue previous exercises
- Full active knee ROM
- Begin progressive resistive exercises, avoid open chain and terminal resisted knee extension
- Begin elliptical trainer
- Proprioception and balancing exercises

Phase VI - months 5+

- Maintain full knee range of motion
- Continue previous exercises
- Progressive strengthening, plyometric and agility training



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