

POST OPERATIVE PROTOCOL

Quadriceps Tendon Repair Rehabilitation Protocol

Phase I - weeks 0-4

- Hinged knee brace locked in extension at all times (may remove for hygiene purposes)
- Protected weight bearing with crutches for first 2 weeks, then WBAT
- Quadriceps isometric sets in full extension
- Hip abduction straight leg raises
- Ankle ROM and gastroc-soleus strengthening with tubing/therabands

Phase II - weeks 4-8

- Continue hinged brace locked in extension for ambulation, may remove/unlock for therapy
- Begin passive knee extension; active knee flexion to 45°, to 60° @ week 6, then to 90° @ week 8
- Continue previous exercises
- Patella mobilisation
- Isometric straight leg raises with brace locked in extension
- Isometric hamstring strengthening

Phase III - weeks 8-12

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

Phase IV - weeks 12-16

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

Phase V - months 5-6

- Maintain full knee range of motion
- Continue previous exercises
- Advance cycling, jogging
- Progressive strengthening, plyometric and agility training
- Add sport specific training

Phase VI - months 6+

- Resume normal sporting/jumping/cutting activities when leg strength >80% contralateral leg
- Maintain strength, agility and proprioception



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