



## QUAD TENDON REPAIR

### Post Operative Rehabilitation Protocol

#### 0-6 Weeks:

- **Weight-Bearing:** WBAT (Weight-Bearing as Tolerated) with knee locked according to the following restrictions for sleeping and walking:
  - **Weeks 0-2:** Locked at 0°
  - **Weeks 2-4:** 0-30°
  - **Weeks 4-6:** 0-60°
- **Range of Motion (ROM):**
  - **Weeks 0-2:** 0-30°
  - **Weeks 2-4:** 0-60°
  - **Weeks 4-6:** 0-90°
- **Therapeutic Exercises:**
  - Patella mobilization
  - Supine straight leg raises (SLR) with the brace locked at 0°
  - Quad sets with the brace locked at 0°
  - Ankle pumps
- **Brace and Crutches:**
  - Gradually discontinue the brace as quadriceps control improves and crutches are no longer needed.
  - Discontinue crutches once gait is normalized.
- **Progression:**
  - Continue progressing toward full ROM without restrictions.
  - Begin short-crank ergometry, progressing to standard (170mm) ergometry if knee ROM exceeds 115°.
  - Advance quadriceps strengthening exercises.
  - Perform mini squats and weight shifts.
  - Focus on normalizing gait with WBAT and no assistive devices.
  - Achieve full, normal ROM.
  - Start leg press and squats.
  - Initiate running/jogging progression.
  - Include isotonic knee extensions (90-40 degrees, with a preference for closed-chain exercises).
  - Incorporate agility exercises (sport cord).

- Use Versaclimber or Nordic Track for cardio.
- Continue to normalize quadriceps strength.

**Note:** Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery