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ORTHOPAEDIC SURGEON

— Sports Medicine Specialist —

Post-Operative Rehabilitation Guidelines/Rehab Protocol Quadriceps Tendon Repair

Phase 1: 0-2 Weeks

- WBAT in extension with crutches and brace, Brace locked at 0 degrees at all times - No ROM
- SLR supine with brace locked at 0 degrees, Quad Sets, Ankle Pumps
- Brace off for hygiene

Phase 2: 2-6 Weeks

- Remains WBAT with brace locked in full extension for ambulation
- Begin Passive ROM 0-45
- Add side laying hip/core/glutes, and begin WB calf raises
- Goal to mitigate effusion and pain, increase patellar mobility

Phase 3: 6-8 Weeks

- WBAT with gait aide and gradually unlock brace based on functional strength
- Advance PROM as tolerated
- Begin bike for ROM and no resistance
- Soft tissue and scar mobilization techniques as tolerated
- Gentle isometrics and open chain knee extension exercises
- Progress in gluteal and lumbopelvic strength
- Proprioception and single leg balance

Phase 4: 8-12 Weeks

- ROM should be minimum of 0-120, pain free AROM including PF mobility
- Begin Hamstring work, lunges/ leg press 0-90, proprioception exercises
- Gradually increase strengthening and single leg balance

Phase 5: 12 - 20 Weeks

- No running or jumping until 18-20 weeks
- Hopping ok at full, pain free ROM, no effusion, > 80% isokinetic strength symmetry for hamstring and quadriceps)
- Initiate jogging when hop downs demonstrate appropriate landing mechanics
- Return to sport no sooner than 6 months