

Mr Gupte: Quadriceps Tendon Repair Protocol

- WB Status WBAT. Drop lock brace locked in extension for ambulation for 8 weeks.
- ROM Limitations

0-2 weeks	0-30 degrees
2-4 weeks	0-45 degrees
4-6 weeks	0-60
6-8weeks	0-90
- Restrictions No open-Chain extension for 4 weeks
- Special
 - Drop-lock brace weeks 0-8
 - Okay to sit with knee bent @ 2 weeks post surgery
 - Avoid extension lag
 - Use E-Stim to facilitate quad as needed
 - Functional test performed @ 4 months post-op (see attached)
- Return to sport Patient's operated leg to equal 85% of non-Operated leg as measured by functional test
- Rehab program.
 - Therapists – be creative with rehab
 - Do not limit patient to ex's outlined in protocol; if within above parameters, it is okay to perform

Quad Tendon Repair Protocol

Weeks 0-2

Goals

- Minimize Swelling
- Full knee extension
- PFJ mobility
- Quads 3/5

Clinic Exercises

- Patella mobilizations, all planes
- Heel slides/wall slides to 30 degrees
- Quad sets, SLR all directions – use E-Stim as needed
- Hamstring stretches
- Foot/ankle mobility
- Ice/modalities PRN

Home Exercises

- Quad Sets/SLR
- Heel slides/wall slides to 30 degrees
- Hamstring stretches
- Hamstring isometrics
- Bilateral calf raises
- Foot/ankle mobility
- Routine ice

Weeks 2-4

Goals

- Eliminate swelling
- Maintain knee extension
- Knee flexion to 45 degrees
- Quads 3+/5
- Equal hamstring length
- Maintain PFJ mobility

Clinic Exercises

- Quad sets +/- biofeedback
- Multi-hip
- Bike-rocking limited to 90 degrees
- Elliptical
- Total gym/leg presses to 90
- Single leg stance exercises
- Leg curls
- Step ups & downs
- Partial squats

Home Exercises

- Quad Sets/SLR
- Bilateral semi-squats
- Step-ups/step-downs
- Heel slides
- Bridges
- Hamstring tubing curls
- Hip ex's with tubing
- Single-leg calf raise
- Routine post-ex ice

Weeks 4-8

Goals

- Full ROM
- Normalize Gait Pattern
- Quad 4-/5

Clinic Exercises

- Same as 2-4, increase ROM to full
- Bike – Full rotation
- Elliptical
- Resistive equipment
- Proprioception: dynamic balance
- Scar massage
- Gait training

Months 2-4

Goals

- Full strength, ROM and endurance of affected limb
- Return to sport-specific drills and restricted training
- Return to jogging/running
- Return to sport when operated leg = 85% of non-operated leg on functional testing

Clinic Exercises

- Functional test 4 months
- Functional training
- Bike / stepper / treadmill / Profitter / Elliptical trainer
- Plyometrics +
- Proprioception

Home Exercises

- As weeks 4-8
- Sport-specific ex, progressively sequenced