

REHABILITATION GUIDELINES FOR QUADRICEPS TENDON REPAIR

PHASE I (0-2 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Begin physical therapy 3-5 days post surgery • 2-3 x/week
Rehabilitation Goals	<ul style="list-style-type: none"> • Protect surgical repair
Precautions	<p>WB:</p> <ul style="list-style-type: none"> • WBAT with crutches and brace locked at 0° at all times <p>Brace:</p> <ul style="list-style-type: none"> • Brace must be worn at all times except during therapy or HEP • Keep wound clean and dry • PROM 0°-30°; DO NOT EXCEED • No active knee extension
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Straight leg quad sets (no active knee extension) • Hamstring and glut sets • Patellar mobilizations
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper Body Ergometer
Progression Criteria	<ul style="list-style-type: none"> • 2 weeks post operatively • ROM 0-30 degrees

PHASE II (2-6 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Continue physical therapy 1-2x per week
--------------	---

REHABILITATION GUIDELINES FOR QUADRICEPS TENDON REPAIR

(Phase II continued) Rehabilitation Goals	<ul style="list-style-type: none"> • Normalize WB with crutches with brace still locked in extension at all times • Protect repair
Precautions	WB / Brace: <ul style="list-style-type: none"> • WBAT in brace locked at 0° at all times • Progress to 90 degrees knee flexion between 3-6 weeks • Avoid active quadriceps extension • Avoid hyperextension
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Heel slides • 4 way leg raises with brace locked at 0° • Patellar mobilizations
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper Body Ergometer
Progression Criteria	<ul style="list-style-type: none"> • 6 weeks post operatively • Must have 0° - 90°

PHASE III (6-12 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> • Continue physical therapy 1-2x per week
Rehabilitation Goals	<ul style="list-style-type: none"> • Normalize gait on even surfaces • Initiate active quadriceps contraction in standing
Precautions	WB: <ul style="list-style-type: none"> • WBAT, no crutches • Gradual progression of WB flexion <ul style="list-style-type: none"> - weeks 7-8: flexion to 115° (NO active quadriceps extension) - weeks 9-10: ROM 0° - 130° (May now begin active quadriceps extension) Brace: <ul style="list-style-type: none"> • weeks 6-7: open to 40° without crutches • weeks 8-10: open brace to 90° • weeks 10-12 : wean out of brace
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Open chain knee flexion and extension • Closed chain squats: 0° - 40°; may use leg press • May begin stationary bike • Prone knee flexion • Patellar mobilizations
(Phase III continued)	

REHABILITATION GUIDELINES FOR QUADRICEPS TENDON REPAIR

	<ul style="list-style-type: none"> • Open chain hip strengthening • Core strengthening • May begin aquatic therapy
Cardiovascular Exercises	<ul style="list-style-type: none"> • Upper body ergometer
Progression Criteria	<ul style="list-style-type: none"> • Normal gait mechanics without crutches • AROM of at least 0° - 110°

PHASE IV (12-16 WEEKS)

DATES:

Appointments	Continue physical therapy 1x per week
Rehabilitation Goals	<ul style="list-style-type: none"> • Normalize gait on all surfaces • Single leg stance with good control for at least 10 seconds • Full knee ROM • Good control with squat to 70°
Precautions	<ul style="list-style-type: none"> • Avoid any forceful eccentric contractions • Avoid impact activities • Avoid any activity that causes compensatory movements
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Non impact balance and proprioceptive activities • Stationary bike • Gait drills • Hip and core strengthening • <u>After 16 weeks:</u> <ul style="list-style-type: none"> - May begin jogging, elliptical, and plyometrics - Gradually progress to full WB ROM
Cardiovascular Exercises	<ul style="list-style-type: none"> • Stationary bike • Stairmaster • Swimming
Progression Criteria	<ul style="list-style-type: none"> • Return to sport testing

References: University of Wisconsin,
 PT name and date: Rachel Georgeson, MSPT April 2016
 MD name and date: Approved by MD April 2016

MAMMOTH ORTHOPEDIC INSTITUTE

85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.924.4084
 162 South Main Street • Bishop, CA 93514 • 760.872.7766

SIERRA PARK PHYSICAL AND OCCUPATIONAL THERAPY

85 Sierra Park Road • Mammoth Lakes, CA 93546 • 760.934.7302
 162 South Main Street • Bishop, CA 93514 • 760.872.2942