

REHABILITATION GUIDELINES FOR QUADRICEPS TENDON REPAIR

PHASE I (0-2 WEEKS)

DATES:

Appointments	- Begin physical therapy 3-5 days post surgery 2-3 x/week
Rehabilitation Goals	Protect surgical repair
Precautions	WB: - WBAT with crutches and brace locked at 0° at all times Brace: - Brace must be worn at all times except during therapy or HEP - Keep wound clean and dry See OP note for what degree of flexion to go to; DO NOT EXCEED - No active knee extension
Suggested Therapeutic Exercises	- Straight leg quad sets (no active knee extension) - Hamstring and glut sets - Patellar mobilizations
Cardiovascular Exercises	Upper Body Ergometer
Progression Criteria	2 weeks post operatively - ROM 0-30 degrees

PHASE II (2-6 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2x per week
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(Phase II continued) Rehabilitation Goals	• Normalize WB with crutches with brace still locked in extension at all times • Protect repair
Precautions	WB / Brace: • 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	• Heel slides • 4 way leg raises with brace locked at 0° • Patellar mobilizations
Cardiovascular Exercises	• Upper Body Ergometer
Progression Criteria	• 6 weeks post operatively • Must have 0° - 90°

PHASE III (6-12 WEEKS)

DATES:

Appointments	• Continue physical therapy 1-2x per week
Rehabilitation Goals	• Normalize gait on even surfaces • Initiate active quadriceps contraction in standing
Precautions	WB: • WBAT, no crutches • Gradual progression of WB flexion - weeks 7-8: flexion to 115° (NO active quadriceps extension) - weeks 9-10: ROM 0° - 130° (May now begin active quadriceps extension) Brace: • 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	• 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)	

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	• Open chain hip strengthening • Core strengthening • May begin aquatic therapy
Cardiovascular Exercises	• Upper body ergometer
Progression Criteria	• 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	• 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	• Avoid any forceful eccentric contractions • Avoid impact activities • Avoid any activity that causes compensatory movements
Suggested Therapeutic Exercises	• Non impact balance and proprioceptive activities • Stationary bike • Gait drills • Hip and core strengthening • <u>After 16 weeks:</u> - May begin jogging, elliptical, and plyometrics - Gradually progress to full WB ROM
Cardiovascular Exercises	• Stationary bike • Stairmaster • Swimming
Progression Criteria	• Return to sport testing

References: University of Wisconsin,
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MD name and date: Approved by MD April 2016

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