



Quadriceps Tendon Repair Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with brace, crutches at all times	Locked in full extension for sleeping and all activity Off for exercises and hygiene	Locked in extension	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension
PHASE II 2-8 weeks	2-8 weeks: Full WB while in brace	Locked in extension when walking. Ok to remove for ROM.	2-4 weeks: 0-45° 4-8 weeks: progress 30° per week until full	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD