



## Quadriceps Tendon Repair Protocol: Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
<b>Phase I</b> 0-2 weeks	WBAT with brace locked in full extension	TROM Brace; Locked in FULL EXTENSION for sleeping and all activity. Off for exercise and hygiene	0-30° when non-weightbearing and sedentary	Heel slides, Quad Sets, Patellar mobilization exercises, Calf pumps, NMES for quad activation. May do BFRT
<b>Phase II</b> 2-8 weeks	WBAT with brace locked in full extension	<b>2-4wks:</b> locked in full extension day/night <b>4-6 wks:</b> Off at night, Locked in Extension during daytime. <b>6-7wks:</b> 0-45° Full WB <b>7-8wks:</b> 0-60° Full WB <b>Discontinue TROM Brace at 8wks - if no extensor lag</b>	<b>2-3 wks:</b> 0-60° <b>3-4wks:</b> 0-90° <b>4-8wks:</b> Progress slowly as tolerated.	Add side-lying hip/core/glutes Begin WB calf raises <b>NO WB with flexion &gt; 90*</b>
<b>Phase III</b> 8-12 weeks	Full WB	None	Full ROM	Progress closed chain activities, begin hamstring strengthening: utilize lunges/leg press 0-90° Proprioception, Balance/core/hip exercises Utilize stationary bike when tolerated.

Date Modified: 5/30/23

<b>Phase IV</b> 12-20 weeks	Full WB	None	Full ROM	Single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike. <b>12 wks:</b> Pool therapy/swimming  <b>20 wks:</b> Advance to specific sport drills/exercises
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