



## Quadriceps Tendon Repair Protocol

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 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
<b>PHASE II</b> 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
<b>PHASE III</b> 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
<b>PHASE IV</b> 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