

**Quad Tendon Repair
&
Patellar Tendon Repair**

Post-op protocol for
Mathew Taylor, M.D.



Brace Use:

- Immediate WBAT with brace locked straight
 - Sleep in brace for 4 weeks minimum
- ** Driving automatic car (also must be compliant safely getting in & out):
Left leg surgery minimum 4 weeks & Right leg surgery minimum 8 weeks
** *Protocol phases may delayed or altered if high risk patient: compliance, retracted / chronic tear, revision situation, medical comorbidities*

Phase I:
Protection

Week 1-2

- No PROM; WBAT locked straight
- Cryotherapy, NMES
- Quad sets, SLR in brace, patellar mobs, calf pumps

Phase II:
Early ROM

Week 3-5

- Progressive NWB motion **active flexion / passive extension**
Week 3: 0°-30° and progress 30°/week
- OK for terminal flexion stretch after 4 weeks
- Continue heel slides, aggressive patellar mobs
- Goal ROM: 90 easily by week 6
- OK for SLR out of brace after 4 weeks
- While in brace: full core, glutes, isometric hamstring

Phase III:
Early
Strengthening

Week 6-10

- Progressive unlocking of brace in WB
Week 6: 0°-30° and progress 30°/week
- Goal: full 0°-90° ambulation by week 10
- D/C brace by 10 weeks: once full flexion achieved, good quad control, can perform SLR without extensor lag
- Aggressive terminal flexion stretch
- Stationary bike (ROM mainly, no significant resistance)
- Continue per therapist: short arc CKC strengthening as pain allows: per patient and therapist,

Phase IV:
Strengthening

Week 12-20

- Progress to closed chain exercises.
- Begin hamstring work/lunges/leg press 0°-90° degrees, proprioception exercises, balance/core, hip and glutes.
- Continue to progress phase III exercises.
- Start functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike.
- Advance to sport specific drills, running, jumping after 20 weeks once cleared by MD and PT

Special Notes: