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REHABILITATION PROTOCOL – QUAD TENDON REPAIR

Phase I (0-2 weeks)

Weight Bearing: As tolerated with crutches and brace locked in extension

Brace: Locked in extension for sleeping and all activity (off for PT)

ROM: 0-45° when not ambulating

Exercises: quad sets, patellar mobilization, straight leg raises, heel slides, ankle pumps

Phase II (2-8 weeks)

Weight Bearing: As tolerated in brace

Brace: Locked in extension during day (off for PT)

- Open 0-45° @ Week 6, 0-60° week 8
- Discontinue brace at 8 weeks

ROM (Passive, AA):

- Week 2-3: 0-60°
- Week 3-4: 0-90°
- Week 4-8: progress slowly as tolerated

Exercises: Phase I exercises. Add side-lying hip/core/gluteal strengthening

- NO weight-bearing with knee flexion > 90°

Phase III (8-12 weeks)

Weight Bearing: As tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals
- Proprioception exercises, stationary bike

Phase IV (12-20 weeks – only advance to Phase IV if no swelling and full ROM):

Weight Bearing: as tolerated

Brace: None

ROM: Full

Exercises:

- Continue as above
- Eccentric hamstring, gluteal strength, elliptical, stationary bike
- After 20 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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