

## Conservative Quadriceps Tendon Repair Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion (NWB)</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated in brace with crutches	Locked in full extension at all times including sleeping in activity  Off for hygiene and exercises	None	Calf pumps, quadriceps tightening sets and SLR in <b>brace</b> , heel slides and patellar mobilization out of brace, modalities
<b>Phase 2</b> 2-8 weeks	As tolerated in <b>brace</b>	<b>2-4 weeks:</b> Locked in full extension at all times <b>4-6 weeks:</b> Off at night; locked in full extension during day <b>6-7 weeks:</b> unlocked 0-45° <b>7-8 weeks:</b> unlocked 0-60°	4-6 weeks: 0-45° 6-8 weeks: 0-90°	Progress non-weight-bearing flexibility  Begin side-lying core, hip and gluteal strengthening
<b>Phase 3</b> 8-12 weeks	Full	Hinged Knee Sleeve	Full	Progress closed chain quadriceps strengthening, progress balance, core/pelvic and stability work, lunges and leg press to 90°  Begin stationary bike under PT supervision
<b>Phase 4</b> 3-5 months	Full	Hinged Knee Sleeve	Full	Glutes/ pelvic stability/core + closed-chain quad program  Swimming permitted at 12 weeks  Advance to sport specific drills and impact activity after 5 months when cleared by M.D.

Weight-bearing status and brace settings may vary based on procedure. Please refer to specific prescription.

SLR – Straight-leg raise