



CONCORD ORTHOPAEDICS

QUADRICEP TENDON REPAIR

Rehab Protocol # 18
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WEEKS 1 – 6:

- PWB with crutches in cylinder cast or brace
- Patellar mobilizations, scar massage when tenderness allows
- AAROM out of brace (**with therapist only**) to limits outlined by MD
- ROM allowance 0 - _____

WEEKS 6 – 10:

- Begin isometric quadriceps strengthening
- Can WBAT with brace locked in extension (at therapist's discretion)
- AAROM to 45-60 degrees
- Continue patellar mobs, scar massage, desensitization
- Can begin straight leg raises

WEEKS 10 – 16:

- AAROM, AROM to 115 degrees
- Stationary Bike when ROM allows
- Aquatic Therapy OK
- Can begin to push PROM at 12 weeks
- Theraband at 12 weeks OK
- Progress to PRE's

IMPORTANT POINTS:

- Early phases may require one visit per week only
- Brace should be locked in extension for ambulation for initial six weeks
- At week six, increase visits to 2-3/week based on patient need for guidance
- Emphasize that ROM gains expected for up to one year

MD FOLLOW-UP:

- One week for cast/dressing change
- Four weeks
- Ten weeks
- 4 months
- 6 months