



Cascade  
Orthopaedic Group

## **Quad Tendon Repair**

### Phase I: Weeks 1-4

- Continually use the dial brace locked in extension and crutches for weight bearing as tolerated (WBAT) for ambulation. The brace must be worn and locked at all times other than when performing rehabilitation exercises
- Knee range of motion (ROM) from 0° to 30° of passive knee motion, unless specifically stated otherwise by the physician
- Ankle pumps, isometric quadriceps sets, hamstring sets, glut sets, and patellar mobilizations

### Phase II: Weeks 4 – 8

- Continue hinged brace locked in extension for ambulation, **may remove/unlock for therapy**
- Begin passive knee extension; active knee flexion to 45°, to 60° @ week 6, then to 90° @ week 8
- Continue previous exercises
- Patella mobilization
- Isometric straight leg raises with brace locked in extension & Isometric hamstring strengthening

### Phase III: Weeks 8 – 12

- At 6 weeks, May start to unlock brace with ambulation; begin with flexion locked @ 35°, then advance 10°/week as quadriceps control increases
- Continue previous exercises
- Begin AAROM knee extension and advance to AROM knee extension

- Advance active knee flexion to 120°, and then advance as tolerated
- Stationary bicycle, start with no resistance and low knee flexion angle, and then may slowly advance
- At week 10, may begin treadmill walking program

#### Phase IV: Weeks 12 – 16

- Ambulation with brace fully unlocked, then wean out of brace as tolerated
- Continue previous exercises
- Full active knee ROM
- Begin progressive resistive exercises, avoid open chain and terminal resisted knee extension
- Begin elliptical trainer
- May start light jogging
- Proprioception and balancing exercises