

Quadriceps Tendon Repair Rehabilitation Protocol

	Weight-bearing	Brace	Range of Motion	Exercises
Phase 1 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	0- 45° when non-weight-bearing	Calf pumps, quadriceps tightening sets and SLR in brace , heel slides and patellar mobilization out of brace, modalities
Phase 2 2-8 weeks	As tolerated in brace	2-4 weeks: Locked in full extension at all times 4-6 weeks: Off at night; locked in full extension during day 6-7 weeks: unlocked 0-45° 7-8 weeks: unlocked 0-60°	2-3 weeks: 0-60° 3-4 weeks: 0-90°	Progress non-weight-bearing flexibility Begin side-lying core, hip and gluteal strengthening No weight-bearing with flexion greater than 90°
Phase 3 8-12 weeks	Full	None	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
Phase 4 3-5 months	Full	None	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

Matthew A. Varacallo MD
Penn Highlands Healthcare – Orthopaedic Surgery & Sports Medicine
145 Hospital Avenue, Suite 301
DuBois, PA 15857
O: 814-375-6200
F: 814-375-6452