



Quadriceps Tendon Repair Rehabilitation Protocol

Phase 1

(0-2 weeks post-op)

Weight Bearing

As tolerated with crutches and brace***

Brace

Locked in full extension for sleeping and all activity*
Off for exercises and hygiene

Range of Motion

0-2 weeks: 0-45° when non-weight bearing

Therapeutic Exercises

Heel slides, quad sets, patellar mobs, SLR, calf pumps

Phase 2

(2-8 weeks post-op)

Weight Bearing

2-8 weeks: Full WB while in brace

Brace

2-4 weeks: Locked in full extension day and night

4-6 weeks: Off at night; locked in full extension daytime 6-7 weeks: 0-45°

7-8 weeks: 0-60°

Discontinue brace at 8 weeks

Range of Motion

2-3 weeks: 0-60°

3-4 weeks: 0-90°

4-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions

Therapeutic Exercises

Advance Phase 1 exercises. Add side-lying hip/core/glutes. Begin weight bearing calf raises

No weight bearing with flexion >90°



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Quadriceps Tendon Repair Rehabilitation Protocol

Phase 3

(8-12 weeks post-op)

Weight Bearing

Full

Brace

None

Range of Motion

Full

Therapeutic Exercises

Progress closed chain activities

Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes

Begin stationary bike when able

Phase 4

(12 weeks- 20 weeks post-op)

Weight Bearing

Full

Brace

None

Range of Motion

Full

Therapeutic Exercises

Progress Phase 3 exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike

Swimming okay at 12 weeks

Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD

*Brace may be removed for sleeping after first post-operative visit

**Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

***WB status may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.



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