

Quadriceps Tendon Repair Physical Therapy Protocol

David P. Trofa, M.D.

Assistant Professor of Orthopaedic Surgery, Columbia University Medical Center

Chief of Sports Medicine, New York-Presbyterian Westchester

Director of Clinical Outcomes, Department of Orthopaedic Surgery

Head Team Physician, Columbia University

www.DavidTrofaMD.com

Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Quadriceps Tendon Repair

- Allograft augmentation (Checked if performed)

Frequency: 2x per week for _____ weeks

Phase I (0-6 weeks): *Period of protection (home program may suffice)*

- **Weightbearing:** As tolerated with crutches, locked in extension.
- **Brace:** Locked in extension during all weight bearing activities and during sleep. May be unlocked for PROM as detailed below.
- **ROM:**
 - No active extension or forced passive flexion.
 - All ROM should be non-weightbearing (NWB) and with the brace on following this progression:
 - 0-3wks: Brace locked at 0°
 - 3-4wks: Brace unlocked from 0-30°
 - 4-5wks: Brace unlocked from 0-60°
 - 5-6wks: Brace unlocked from 0-90°
- **Therapeutic exercises:**
 - Hip/ankle ROM exercises 2-3x/day
- **Restrictions:** No quadriceps strengthening

Phase II (6-12 weeks): *Initiate regular, supervised strengthening and wean from the brace*

- **Weightbearing:** As tolerated. Wean from crutches.
- **Brace:** Fully unlocked. May discontinue once ambulating with a normal gait and can perform SLR without an extension lag.
- **ROM:** Advanced as tolerated. Goal 0-130° by weeks 12.
- **Therapeutic exercises:**
 - Initiate isometric quad sets
 - SLRs
 - Progress to closed chain strengthening (no open chain) once out of the brace

Phase III (3-6 months): *Advanced strengthening*

- **Rehabilitation Goals:** Return to activities.
- **Weightbearing:** Full.
- **ROM:** Full.
- **Therapeutic exercises:**
 - As above plus:
 - Advance strengthening as tolerated with closed chain exercises
 - 5 months:
 - Jogging and progress to agility training
 - Sports specific rehab as tolerated
 - 6 months:
 - Wean patient from formal therapy and encourage independent home program