



Matthew D. Collard, D.O.
Worker's Compensation
Arthroscopy/Sports Medicine
Extremity Trauma
Joint Replacement Surgery

2325 Dougherty Ferry Rd, Ste. 100
St. Louis, MO 63122
(314) 909-1359 Fax (314) 909-1370
www.storthospecialists.com

Quadriceps Tendon Tear Rehabilitation Protocol

The following is a protocol for post-operative patients following quadriceps tendon repair. The primary goal of this protocol is to protect the repair while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

PHASE I - Protect

Week 0-2

- Brace locked in full extension for 6 weeks except for passive range of motion exercises
- Partial weight bearing for two weeks with crutches
- Ice and modalities to reduce pain and inflammation
- Aggressive patella mobility drills
- Range of motion – 0 to 30 degrees knee flexion
- Begin submaximal quadriceps strengthening

Weeks 2-4

- Weight bearing as tolerated progressing off crutches
- Continue previous exercises
- Progress range of motion – 0 to 60 degrees

Week 4-6

- Full weight bearing
- Range of motion
- Continue previous exercises
- Modalities for pain and swelling
- Begin with AROM/Progress to AAROM as tolerated
 - Heel Slides
 - Wall Slides
 - Stationary Bike
 - Include prone hangs to maintain full extension ROM
- Patellar mobilizations
- Stretching for hamstrings, iliotibial band, and gastroc-soleus complex
- Strengthening
 - Quadriceps sets
 - Straight leg raises in all planes
 - Heel Raises
 - Mini squats
- Russian stimulation to quadriceps/VMO musculature for muscle re-education.

PHASE II - Strengthening

Week 6-8

- Continue to progress to full ROM
- Progress with strengthening/CKC activities
 - Standing TKEs with Thera-Band
 - Stool scoots-forwards and backwards
 - Seated hamstring curls with Thera-Band
 - Wall sits/Swiss ball squats
 - Bilateral leg press (45° - 0°)
 - Single leg balance

Week 8-12

- Normalize gait pattern
- Progress with strengthening/Quadriceps eccentric strengthening
 - Bilateral leg press (90° - 0°)
 - Lateral step-ups (begin with 2" step)
 - Unilateral leg press (90° - 0°)
 - Multi Hip machine
 - Hamstring Curls
 - Progress balance and proprioception exercises
 - Lunges
 - Elliptical trainer
 - Stairmaster

Week 12-16

- Focus on progressing with CKC concentric/eccentric quadriceps strengthening and conditioning.
- May begin light OKC quadriceps strengthening
- Knee Extensions (light weight/many reps)

Return to Activities:

Return to full activities on average 4-6 months per Dr. Collard and approved by physical therapist.