

Bonnie P. Gregory, MD
QUAD TENDON REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with crutches and brace***	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-2 weeks: 0-45° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
PHASE II 2-8 weeks	2-8 weeks: Full WB while in 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	2-3 weeks: 0-60° 3-4 weeks: 0-90° 4-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III 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 (day 7-10)
- ❖ 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.

For any questions or concerns regarding the protocol or rehabilitation process please contact

Dr. Gregory's Office:
Phone: 713-486-7080
Fax: 713-452-4143

<https://www.bonniegregorymd.com/>

