

Quad Tendon Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-4 HEP daily	Maximum protection Patella tendon mobility Increase ROM	Brace locked in full extension x 6 weeks ROM: 0-30 (Weeks 0-2) 0-60 (Weeks 2-4) WBAT	Patella/patella tendon mobility drills Ice and modalities to reduce inflammation
Weeks 4-6 HEP daily	Full weight bearing Patella tendon mobility Increase ROM	ROM: 0-90 (Weeks 4-6) WBAT	Continue above exercises
Weeks 6-8 HEP daily	Early strengthening Full weight bearing Edema control Patella mobility Increase to full ROM Normalize gait pattern	WBAT ROM: Progress as tolerated Multi-plane SLR and CKC strengthening program focusing on quality VMO function Initiate OKC progressing to CKC multi-hip strengthening	Begin stationary bike Initiate pool program
Weeks 8-10 HEP daily	Wean out of brace Patella mobility Normalize gait pattern Restore full ROM	WBAT Progress OKC and CKC program from bilateral to unilateral May begin short arc quadriceps contraction 0-30°	Patella/patella tendon mobility drills Increased intensity on stationary bike Begin treadmill walking program
Weeks 10-12 HEP daily	Full ROM	WBAT Advance unilateral OKC and CKC strengthening	Terminal quadriceps stretching Initiate proprioception drills May introduce elliptical training
Weeks 12-16 HEP daily	Progressive strengthening	WBAT Advance OKC and CKC strengthening	Increase intensity on bike, treadmill and elliptical training Increased difficulty/intensity on proprioception drills Begin gym strengthening: leg press, hamstring curls, ab/adduction; avoid lunges and leg extensions Begin multi-directional functional cord program

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Weeks 16-20 HEP daily	Advanced strengthening and functional drills	WBAT	Begin pool running program advancing to land as tolerated May begin leg extensions 30° to 0°
Weeks 20-24 HEP daily	Plyometric drills Maximize strength and flexibility to meet sporting demands	WBAT RTP sports test F/U appointment with physician	Begin multi-directional field/court drills Begin bilateral progressing to unilateral plyometric drills Advance gym strengthening

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