

## Quad or Patellar Tendon Repair

Dr. Austin Crow, Dr. Mark McCarthy  
 Chippewa Valley Orthopedics & Sports Medicine  
 1200 OakLeaf Way, Suite A      757 Lakeland Drive, Suite B  
 Altoona, WI 54720                      Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 DOS \_\_\_\_\_

	Weeks 0-2	Weeks 2-4	Weeks 4-6	Weeks 6-8	Weeks 8-12	Weeks 12-16	Weeks 16-24
<b>Weight Bearing</b>	WBAT with brace locked			WBAT with brace unlocked			
<b>Brace Settings</b>	Locked 0°			Unlock brace. Discharge brace once full ROM and sufficient quad strength is achieved			
<b>PROM Goals</b>	0-60° prone	0-90°		Advance as tolerated			
<b>AROM Goals</b>	None	0-60°	0-90°	Advance as tolerated			
<b>Exercises</b>	Ankle pumps  Glute sets  Hamstring sets  Med/Lateral patellar mobs  Heel prop  Scar mobilization  Modalities to control pain & edema	Heelslides  Gentle sup/inferior patellar mobs  Quad sets  4-way SLR with brace locked at 0°  Gastroc/Soleus stretch  Hamstring stretching  Seated hamstring curls	4-way SLR without brace  Seated hamstring curls with theraband  Transverse abdominus activation  Heel Raises	Stationary bike  Total Gym  Weight shifts  Sportcord/overball  DL→SL Balance/Proprioceptive  Progress core & hip stabilization  Mini Squats	LAQ  Quad stretching  Elliptical POW 10  Stair Master POW 10  Step Downs  Front step ups  Lateral step ups  Single leg balance  DL→SL Squats  Leg press	Continue to advance strengthening & endurance  Vectors  Initiate light plyometrics  Slide board	Recreational swimming  Initiate sport specific exercises  Begin jogging program  Progress hops & jumps DL→SL  Progress to dynamic activities (25-50% intensity) -Figure 8 -Zig-zag -Side shuffle -Grapevine  *Refer to advance ACL rehab protocol for ideas on exercises and progressions