



Renny Uppal, MD

Quad Tendon Repair

BRACE: weight-bearing as tolerated brace locked in extension for 6 weeks

0-2 weeks post op

- Reduce pain/swelling (ice 3x's daily for 15-20 minutes directly on knee)
- ROM 0- 30°
- weight bearing as tolerated with crutches locked in extension for 6 weeks
- ankle pumps, isometric quadriceps set, hamstring sets, glut sets, and patellar mobilizations

3-6 weeks post op

- ROM 0°- 90°
- Continue weight bearing as tolerated with crutches locked in extension for 6 weeks
- Heel slides, knee extension ROM with foot resting on a towel, 4-way leg lifts with brace locked in extension, gentle patella mobilizations, weight shifts on surgical side with brace on

6-12 weeks post op

- wean from crutches and begin weight bearing with knee brace open
- wean out of brace at 8 weeks
- ROM
 - **weeks 6-8** 0°-120°
 - **weeks 8** progress to full ROM
- AROM for open chain knee flexion and extension, closed chain quadriceps control from 0°-40° with light squat and leg press, progressing to shallow lunge steps, prone knee flexion, stationary bike, patellar mobilizations, open chain hip strengthening, core strength

12 weeks post op

- Progress to return to sport