

**Quad Tendon Repair
&
Patellar Tendon Repair**



Post-op protocol for ***Daniel Myer, M.D.***

Brace Use:

- Immediate WBAT with brace locked straight
- Sleep in brace for 4 weeks minimum
- ** Driving automatic car (also must be compliant safely getting in & out):
Left leg surgery minimum 4 weeks & Right leg surgery minimum 8 weeks
- ** *Protocol phases may delayed or altered if high risk patient: compliance, retracted / chronic tear, revision situation, medical comorbidities*

Phase I: Protection	Week 1-2	<ul style="list-style-type: none"> • No PROM; WBAT locked straight • Cryotherapy, NMES • Quad sets, SLR in brace, patellar mobs, calf pumps
Phase II: Early ROM	Week 3-5	<ul style="list-style-type: none"> • Progressive NWB motion <i>*active flexion / passive extension*</i> Week 3: 0°-30° and progress 30°/week • OK for terminal flexion stretch after 4 weeks • Continue heel slides, aggressive patellar mobs • Goal ROM: 90 easily by week 6 • OK for SLR out of brace after 4 weeks • While in brace: full core, glutes, isometric hamstring
Phase III: Early Strengthening	Week 6-10	<ul style="list-style-type: none"> • Progressive unlocking of brace in WB • Week 6: 0°-30° and progress 30°/week • Goal: full 0°-90° ambulation by week 10 • D/C brace by 10 weeks: once full flexion achieved, good quad control, can perform SLR without extensor lag • Aggressive terminal flexion stretch • Stationary bike (ROM mainly, no significant resistance) • Continue per therapist: short arc CKC strengthening as pain allows: per patient and therapist,
Phase IV: Strengthening	Week 12-20	<ul style="list-style-type: none"> • Progress to closed chain exercises. • Begin hamstring work/lunges/leg press 0°-90° degrees, proprioception exercises, balance/core, hip and glutes. • Continue to progress phase III exercises. • Start functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike. • Advance to sport specific drills, running, jumping after 20 weeks once cleared by MD and PT

Special Notes: