

Proximal Rectus Femoris Repair



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

Phase I: Post-op PROM	Week 0-6	<ul style="list-style-type: none"> • NWB • Hip / knee orthosis case specific (goals is to limit active hip flexion, active knee extension, passive hip extension) • Protective PROM knee and hip <ul style="list-style-type: none"> - TBD specifics based on intra-op tension / repair - Basic core exercises
Phase II: AROM	Week 6+	<ul style="list-style-type: none"> • Protective AROM • Start progressive brace unlocking with ambulation at 6 weeks • Limit active hip extension and knee flexion
Phase III: Strengthening	Week 8+	<ul style="list-style-type: none"> • Begin light strengthening, including light hip flexion <ul style="list-style-type: none"> - 8-10 weeks • Bike, minimal resistance <ul style="list-style-type: none"> - 10 weeks • Elliptical / pool <ul style="list-style-type: none"> - 12 weeks • Start full hip / knee progressive strengthening <ul style="list-style-type: none"> - 12 weeks
Return to Sport:	4+ months	<ul style="list-style-type: none"> • RTS progression to HEP / Aftercare • Progress running program per therapist / Dr. Myer • Return to sport goal 6+ months: depends on functional progression & sport specifics <ul style="list-style-type: none"> - Soccer, Hurdlers 9-12 months for full return

Specific Instructions: