

Quad or Patellar Tendon Repair

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Patient _____
 DOS _____

| | Weeks 0-2 | Weeks 2-4 | Weeks 4-6 | Weeks 6-8 | Weeks 8-12 | Weeks 12-16 | Weeks 16-24 |
|-----------------------|--|---|--|--|---|---|---|
| Weight Bearing | WBAT with brace locked | | | WBAT with brace unlocked | | | |
| Brace Settings | ROM and brace settings to be determined by surgeon | | | Discharge brace once full ROM and sufficient quad strength is achieved, per MD | | | |
| PROM Goals | By MD | By MD | | Advance as tolerated | | | |
| AROM Goals | None | By MD | By MD | Advance as tolerated | | | |
| Exercises | 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 |