

Physical Therapy Prescription

Quad Repair REHABILITATION PROTOCOL				
TIME PERIOD	WEIGHT BEARING	RANGE OF MOTION	BRACE	EXERCISES
0-2 weeks	Touch Toe Weight Bearing	Keep in immobilizer for comfort.	Brace in full extension at all times.	None
2-10 weeks	Increase to full weight bearing as tolerated with brace locked in full extension. Crutches or walker should be used for assistance for 6 weeks.	Start with brace set at 30 degrees of flexion and increase 10 degrees per week	Wear locked in full extension for weight bearing. Unlock hinges to allow flexion when not weight bearing.	Straight leg raises. Patellar mobilization, medial to lateral (side to side). May do active controlled extension, but no resistance
10-12 weeks	Full weight bearing with brace unlocked	Full ROM	Wean from brace over the 10-12 week post-op period.	Continue previous exercises. May begin light resistance exercises.
3-4 months	Full weight bearing.	Full ROM	None	Treadmill at walking speeds. Proprioception / balance drills. May begin light sport specific drills.
4-6 months	Full weight bearing	Full ROM	None	Strength training. May return to full activity once strength returns.

*****Begin Physical Therapy 2 weeks post-op**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____</p> <p>Surgery Date: _____</p> <p>Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Quadriceps Tendon Repair using the above protocol. 1-2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature:</p>
