

## QUADRICEP TENDON REPAIR PROTOCOL

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Patient \_\_\_\_\_

DOS \_\_\_\_\_

WEEKS 0-2	WEEK 3-5	WEEKS 6-7	WEEKS 8-9	WEEKS 10+
<p>Brace locked 0/0 for rest and ambulation.</p> <p>Exercises: Initial Post Op exercises to start day after surgery. Ankle Pumps Heel slides in brace, Passive 0-45°</p> <p>Out-patient PT to start 4-7 post op, progress with: Pain control Edema control</p> <p>Gait training: TTWB with assistive device. Heel strike gait pattern.</p> <p>Brace off for showering after 5 days. Brace off for dressing change daily.</p> <p><b>PT 1-3 visits per week</b></p>	<p>Continue previous exercises</p> <p>Passive and AAROM Goal 0-60°</p> <p>Hip isometrics in neutral</p> <p>Initiate weight shifts</p> <p>Calf raises</p> <p>Gait training: WBAT weeks 2-4 with brace on. Brace off after 4 weeks, continue WBAT with assistive device. Heel toe gait pattern.</p> <p>Remove brace for sleeping at 4 weeks.</p> <p><b>PT 1-3 visits per week</b></p>	<p>Continue previous exercises</p> <p>Progress to full ROM, passive, active assistive and active. Week 6 90° Week 7 105°</p> <p>Active Hip isotonic</p> <p>Clamshell</p> <p>Walking activation</p> <ul style="list-style-type: none"> <li>- March</li> <li>- Sidestep</li> <li>- Backwards</li> </ul> <p>Start aquatic therapy</p> <p>Gait training-as needed</p> <p><b>PT 1-3 visits per week</b></p>	<p>Progress ROM and strength to WNL or equal to opposite extremity. Week 8 120°</p> <p>Start quad strengthening, go slowly. Quad sets SLR Bike Add resistance to hip isotonic, clamshells Ham curls, add resistance as tolerated Total Gym or light leg press Double leg balance</p> <p><b>PT 1-3 visits per week</b></p>	<p>Mini squats to full squats Wall sits Partial lunges to full lunges Step ups/downs</p> <p>Advance to: Walking program</p> <p>Return to work, task specific drills at 12 weeks</p> <p><b>Decrease visits as tolerated</b></p>
<p>Any Questions? Please contact: <b>Northwoods Therapy Associates</b> Altoona, WI    Chippewa Falls, WI (715) 839-9266    (715) 723-5060</p> <p>January 2014</p>				