

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
 DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
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DIAGNOSIS: QUADRICEPS TENDON REPAIR

EARLY POST-OP (0-2 WEEKS)

GOALS:

Pain control, decreased swelling

EXERCISES/RESTRICTIONS:

Weight bearing as tolerated with brace locked in extension for sleeping and all activities

Ice / Massage / Anti-Inflammatory Modalities

Range of Motion

- 0-30
- degrees when not weight bearing

Heel slides

Quad sets

Patellar mobility

Straight leg raise

Calf pumps

PHASE II (2-8 WEEKS)

GOALS:

Tendon healing

Decreased swelling, pain control

EXERCISES/RESTRICTIONS:

Weight bearing as tolerated only with brace on and locked in extension. Wear while sleeping until week 4, then can remove brace for sleeping at 4 weeks post-op

Ice / Massage / Anti-Inflammatory Modalities

Weeks	Brace	ROM
0-2	Locked in extension during day and night, set 0-30	0-30
3-4	Locked in extension during day and night, set 0-45	0-45, progress slowly
5-6	Locked in extension during day, off at night, set 0-60	0-60, progress slowly
7-8	Locked in extension during day, off at night, set 0-80	0-90, progress slowly

Heel slides

Quad sets

Patellar mobility

Straight leg raise

Calf pumps

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PHASE III (8-12 WEEKS)

GOALS:

Tendon healing
Patellar mobilization
Gentle knee ROM and progressive strengthening

EXERCISES/RESTRICTIONS:

Weight bearing as tolerated, brace removed

Range of motion full

Progress closed chain activities
Begin hamstring work, lunges/leg press 0-90°
Proprioception exercises
Balance/core/hip/glutes
Begin stationary bike when able

PHASE IV (12-20 WEEKS)

GOALS:

Return to regular activities

EXERCISES/RESTRICTIONS:

Progress Phase III exercises and functional activities
Single leg balance
Core
Glutes
Eccentric hamstrings
Elliptical, and bike, swimming okay at 12 weeks
Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD