



Quadriceps Tendon Repair Rehabilitation Protocol

Phase I (0–6 Weeks)

- Protect repair
- Control swelling
- Full extension
- Brace locked
- WBAT brace
- No active extension
- Flexion to 90
- Cryotherapy
- Quad sets
- SLR brace
- Ankle pumps
- PROM within limits

Phase II (6–10 Weeks)

- Restore ROM
- Begin strength
- Normalize gait
- Brace unlock
- No resisted extension
- Bike
- AAROM
- Gait training
- Quad progress

Phase III (10–16 Weeks)

- Full ROM
- Quad strength
- Functional mobility
- No overload



Quadriceps Tendon Repair Rehabilitation Protocol

- No plyo
- Bands
- Mini squats
- Balance
- Elliptical

Phase IV (4–6 Months)

- Functional strength
- ADL return
- No pivot
- Leg press
- Lunges
- Step downs
- Proprioception
- Light plyo

Phase V (6+ Months)

- Return to sport
- Full strength
- Clearance required
- Advanced strength
- Plyo
- Running
- Sport drills