



JOSHUA ALPERT, MD

Dr. Joshua Alpert
 Post-Operative Rehabilitation Protocol:
 Knee - Quadriceps Tendon Repair

	Range of Motion	Brace	Exercise
PHASE I 0-2 weeks WBAT with crutches and brace	0-2 weeks: 0°-45° when non-weight bearing	Brace locked in full extension at all times. Ok to be off for exercises and hygiene	heel slides, quad sets, patellar mobs, SLR, calf pumps
PHASE II 2-8 weeks FWB while in brace	2-3 weeks: 0°-60° 3-4 weeks: 0°-90° 4-8 weeks: progress slowly as tolerated - refer to PT rx for restrictions	2-4 weeks: locked in full extension day and night 4-6 weeks: off at night; locked in full extension daytime 6-7 weeks: 0°-45° 7-8 weeks: 0°-60° Discontinue brace at 8 weeks	Continue phase I work; begin active-assisted exercises Add side-lying hip/core/glutes No strengthening until next phase. No weight bearing with flexion >90°
PHASE III 8-12weeks FWB	Full	None	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	Full	None	Progress phase III exercises and functional activities:

			<p>single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike</p> <p>Swimming okay at 12 wks</p> <p>Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD</p>
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**restrictions, brace settings, and WB status may differ depending on the exact procedure. Please refer to PT Rx provided for additional restrictions.

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