

Center for Athletic Medicine
Dr. Preston Wolin
Quadriceps Tendon Repair Protocol

~Please call 773.248.4150 with any and all questions~

- **Immediate Post Op Care**
 - Dressing change should be performed 1-2days post op
 - Ice and elevation
 - Reduce swelling and promote wound healing

- **Bracing/Weight Bearing/ROM/Therapeutic Intervention Instruction**
 - **0-1week post op:**
 - Brace locked in full extension
 - NO A/PROM

 - **1-6 weeks post op:**
 - Brace locked in extension for ambulation and ADLs, WBAT.
 - AROM Only: May allow 0-40deg AROM (ROM limitation will be determined at time of surgery following the repair by MD and will be indicated on Rx)
 - Pt allowed to perform SLRs with brace locked in extension.

 - **>6weeks post op:**
 - DC brace as tolerated pending quadriceps strength.
 - May progress with PROM/AROM as tolerated

 - **≥10 weeks post op:**
 - May begin to progress strengthening of quadriceps as tolerated and resistance exercise as tolerated

If a patient is not progressing, please call the office for recommendations