



JOSHUA ALPERT, MD

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

	Range of Motion	Brace	Exercise
<b>PHASE I</b> 0-2 weeks  WBAT with crutches and brace	<b>0-2 weeks:</b> 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
<b>PHASE II</b> 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.  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 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
<b>PHASE IV</b> 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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