

Post-Operative Quad Tendon Repair: Post-op Recovery Timeline

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with crutches and brace***	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	0-2 weeks: 0-45° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
PHASE II 2-8 weeks	2-8 weeks: Full WB while in brace	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	2-3 weeks: 0-60° 3-4 weeks: 0-90° 4-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90°
PHASE III 8-12 weeks	Full	None	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	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD