

Quadriceps Tendon Repair

Name:		DOB:	
Dr:	Emily Whicker, M.D.	Date:	

ROM RESTRICTIONS

0-45° X 2 weeks then increase by 30° x 2 weeks, then full ROM

BRACE SETTINGS

0-45° X 2 weeks then increase by 30° every week, out after 7 weeks

Weight Bearing status

TTWB x 6 weeks, wean x 1 week, FWB after 7 weeks

T.E.D Hose

x 2 weeks

TIMELINES

Week 1(1-7 POD) Week 2(8-14 POD) Week 3(15-21POD) Week 4(22-28POD)

New New	Emily Whicker, M.D.														
Patella/Tendon Mobilizations	●= Do exercise for that week		Week												
Flexion/Extension - Seated/Wall Slide	Initial Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Extension Heel Prop Quad Series (E-Stim, BFR) Hamstring Set Calf Stretch with Strap Ankle pumps Toe and Heel Raises Weight Shifts & Crutch Walking Single Leg Balance Cardiovascular Exercises 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Side Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Patella/Tendon Mobilizations	•	•	•	•	•	•	•							
Quad Series (E-Stim, BFR) • • • • • • • • • • • • • • • • • • •	Flexion/Extension – Seated/Wall Slide	•	•	•	•	•	•	•							
Hamstring Set	Extension Heel Prop	•	•	•	•	•	•	•							
Calf Stretch with Strap ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●	Quad Series (E-Stim, BFR)	•	•	•	•	•	•	•							
Ankle pumps Toe and Heel Raises Weight Shifts & Crutch Walking Single Leg Balance Cardiovascular Exercises 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Leg Press – Double Leg Squats – Double Leg Deadlifts – Double Leg Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Hamstring Set	•	•	•	•	•	•	•							
Toe and Heel Raises Weight Shifts & Crutch Walking Single Leg Balance Cardiovascular Exercises 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Aqua Jogging Treadmill – Walking Swimming with Fins Elliptical/Rowing Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Leg Press – Double Leg Squats – Double Leg Deadlifts – Double Leg Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Calf Stretch with Strap	•	•	•	•	•	•	•							
Weight Shifts & Crutch Walking Single Leg Balance Single Leg Single Leg Balance Single Leg Single L	Ankle pumps	•	•	•	•	•	•	•							
Single Leg Balance 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike 4 4 5 6 7 8 9 10 13 17 21 Aqua Jogging 7 4 4 6 6 7 8 9 10 13 17 21 Swimming with Fins 8 1 2 3 4 5 6 7 8 9 10 13 17 21 Elliptical/Rowing 1 2 3 4 5 6 7 8 9 10 13 17 21 Leg Press — Double Leg 9 4 5 6 7 8 9 10 13 17 21 Heel Raises — Double Leg 9 4 4 4 4 4 4 4 4 4 4 4 <t< td=""><td>Toe and Heel Raises</td><td></td><td></td><td></td><td></td><td></td><td></td><td>•</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>	Toe and Heel Raises							•							
Cardiovascular Exercises 1 2 3 4 5 6 7 8 9 10 13 17 21 Stationary Bike Image: Advanced Balance Training Image: Advanced Balance Tra	Weight Shifts & Crutch Walking							•							
Stationary Bike • • • • • • • • • • • • • • • • • • •	Single Leg Balance							•	•	•	•				
Aqua Jogging Image: square process of the policy of th	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Treadmill – Walking ■ ■ ●	Stationary Bike					•	•	•	•	•	•	•	•	•	•
Swimming with Fins	Aqua Jogging							•	•	•	•	•	•	•	•
Elliptical/Rowing	Treadmill – Walking										•	•	•	•	•
Weight Bearing Strength 1 2 3 4 5 6 7 8 9 10 13 17 21 Leg Press – Double Leg	Swimming with Fins										•	•	•	•	•
Leg Press – Double Leg Squats – Double Leg Deadlifts – Double Leg Heel Raises – Double Leg Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Elliptical/Rowing											•	•	•	•
Squats - Double Leg • • • • • • • • • • • • • • • • • • •	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Deadlifts – Double Leg ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●	Leg Press – Double Leg								•	•	•				
Heel Raises – Double Leg Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Squats – Double Leg								•	•	•				
Standing Hamstring Curl Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Deadlifts – Double Leg								•	•	•				
Band Walking Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Heel Raises – Double Leg								•	•	•				
Isometric Wall Sit @ 90,60,45° Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Standing Hamstring Curl								•	•	•				
Bridging – Double Leg Leg Press – Single Leg Reverse Lunge Static Hold Deadlift – Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges – Walking & Slide Disc Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Band Walking								•	•	•				
Leg Press – Single Leg • • • Reverse Lunge Static Hold • • • Deadlift – Single Leg • • • Ball & Single Leg Bridging • • • Rear Leg Elevated Split Squat • • • Lunges – Walking & Slide Disc • • • Front Step Up • • • Heel Raises – Single Leg • • • Side Planks • • • Sliding Leg Curl – Double Leg • • • Advanced Balance Training • • • •	Isometric Wall Sit @ 90,60,45°								•	•	•				
Reverse Lunge Static Hold Deadlift - Single Leg Ball & Single Leg Bridging Rear Leg Elevated Split Squat Lunges - Walking & Slide Disc Front Step Up Heel Raises - Single Leg Side Planks Sliding Leg Curl - Double Leg Advanced Balance Training	Bridging – Double Leg								•	•	•				
Deadlift - Single Leg ● ● Ball & Single Leg Bridging ● ● Rear Leg Elevated Split Squat ● ● Lunges - Walking & Slide Disc ● ● Front Step Up ● ● Heel Raises - Single Leg ● ● Side Planks ● ● Sliding Leg Curl - Double Leg ● ● Advanced Balance Training ● ●	Leg Press – Single Leg										•	•			
Ball & Single Leg Bridging ● ● Rear Leg Elevated Split Squat ● ● Lunges – Walking & Slide Disc ● ● Front Step Up ● ● Heel Raises – Single Leg ● ● Side Planks ● ● Sliding Leg Curl – Double Leg ● ● Advanced Balance Training ● ●	Reverse Lunge Static Hold										•	•			
Rear Leg Elevated Split Squat ● ● Lunges – Walking & Slide Disc ● ● Front Step Up ● ● Heel Raises – Single Leg ● ● Side Planks ● ● Sliding Leg Curl – Double Leg ● ● Advanced Balance Training ● ●	Deadlift – Single Leg										•	•			
Lunges – Walking & Slide Disc ● Front Step Up ● Heel Raises – Single Leg ● Side Planks ● Sliding Leg Curl – Double Leg ● Advanced Balance Training ●	Ball & Single Leg Bridging										•	•			
Front Step Up Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Rear Leg Elevated Split Squat											•	•		
Heel Raises – Single Leg Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training	Lunges – Walking & Slide Disc											•	•		
Side Planks Sliding Leg Curl – Double Leg Advanced Balance Training • • • • •	Front Step Up											•	•		
Sliding Leg Curl − Double Leg ● ● Advanced Balance Training ● ●	Heel Raises – Single Leg											•	•		
Advanced Balance Training	Side Planks											•	•		
	Sliding Leg Curl – Double Leg											•	•		
Court Cingle Lon	Advanced Balance Training											•	•	•	•
Squat – Single Leg	Squat – Single Leg												•	•	•
Front Step Down	Front Step Down												•	•	•
Single Leg Box Drives	Single Leg Box Drives												•	•	•
Single Leg Squat Y Excursions	Single Leg Squat Y Excursions													•	•
Sliding Leg Curl – Single Leg	Sliding Leg Curl – Single Leg													•	•
Nordic Hamstring Curls	Nordic Hamstring Curls													•	•

	Plyometrics	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Vertical Squat Jump – Double Leg	•		3	4	J	0	,	0	9	10	13	17	•	2 3
	Horizontal Broad Jump – Double Leg													•	•
Recommended	Lateral Jump – Double Leg													•	•
Criteria to Initiate Impact Activities	Vertical/Broad/Lateral Jumps – Double													_	_
& Running	Leg to Single Leg Land													•	•
Dain : 2/40	Jump Lunges													•	•
Pain < 2/10	Box Drop – Double Leg													•	•
Full Active Knee	Continuous Broad Jumping – Double Leg													•	•
Extension	Vertical/Broad Jumps – Single Leg to														•
Knee flexion ROM	Single Leg Land Lateral Skater Hops – Single Leg														
≥ 95% of Uninvolved Side	Box Drop – Single Leg														•
	Continuous Broad Jumping - Single Leg														_
Quad LSI ≥ 70% HS LSI ≥ 70%	(Triple, Crossover, 6m Timed)														•
110 Lot 2 1070	Box Drop Jumps – Double Leg														•
Quad/BW <u>></u> 60%	Box Drop Jumps – Single Leg														•
Functional Hop &	Return to Running	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Power Tests	Walk/Jog Program													•	•
LSI <u>></u> 70%	Running Progression													•	•
IKDC <u>></u> 64%	Sprinting Progression														•
_	Agility	1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Quick Taps on Step													•	•
Recommended Criteria to Initiate	Standing Mountain Climbers at Wall													•	•
Return to Sport	Shuffling & Grapevine													•	•
0 1101 0007	Back Pedaling													•	•
Quad LSI ≥ 90% HS LSI ≥ 100%	Agility Ladder Drills													•	•
	Single Leg Hopping (Clock, Square)													•	•
HS/QS ≥ 60%	Skipping/Bounding														•
Quad/BW	Deceleration Drills														•
Female: > 80%	Cone Drills														•
Male: <u>></u> 85%	Sport Specific Drills														•
Functional Hop &	Return to Sport	1	2	3	4	5	6	7	8	9	10	13	17	21	25+
Power Tests LSI ≥ 90%	Golf – Putt								•	•	•	•	•	•	•
LSI <u>></u> 90%	Chip										•	•	•	•	•
Y-Balance	Irons											•	•	•	•
Anterior Reach Distance < 4 cm	Drivers												•	•	•
Diotarios <u>s</u> 1 om	Play a Round													•	•
IKDC <u>></u> 90%	Hiking – Easy												•	•	•
ACL-RSI <u>></u> 60%	Hiking – Moderate													•	•
7.02 1.01 <u>7</u> 00 %	Hiking – Difficult														•
	Backpacking														•
	Road Biking – Flat												•	•	•
	Road Biking – Hills Gravel Biking														•
	Mountain Biking – Cross Country													•	•
	Mountain Biking – Cross Country Mountain Biking – Downhill														•
	Snowshoeing, Nordic Skiing – Classic													•	•
	Nordic Skiing – Classic														
	Alpine Skiing, Snowboarding,														_
	Basketball, Tennis, Football, Soccer														•