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**WOODSON QUADRICEPS & PATELLAR TENDON REPAIR
REHAB PROTOCOL**

General Info:

This is a list of general guidelines for a quadriceps and patellar tendon repair rehab program. These guidelines may change based on fixation, condition of repaired tissue, variations in surgical procedures, age, and patient's response to treatment. Please call our office if there are any questions.

Post-Op Weeks 0-6: Phase I

- ROM:
 - 0-2 weeks: full extension, progress flexion to 30°
 - 2-4 weeks: gradually progress flexion to 60°
 - 4-6 weeks: gradually progress flexion to 90°
- Weight Bearing:
 - 0-26 weeks: weight bearing as tolerated (in full extension)
 - 6+ weeks: Full weight bearing (brace unlocked)
- Brace Use:
 - 0-6 weeks: brace locked in full extension
 - 6+ weeks: open brace to full with good quadriceps control
- Strengthening and Conditioning:
 - 0-4 weeks:
 - quad sets
 - straight leg raises
 - weight shifts
 - 4-6 weeks:
 - Single leg balance and continue as above
- Criteria for ambulation without assistive device:
 - 6 weeks post-op
 - Within 2° of normal knee extension and > 75° of normal knee flexion
 - < 3/10 pain at worst
 - Single leg balance > 20 seconds (BESS)
 - MD approval

Post-Op Weeks 6-16: Phase II

- ROM:
 - 6-8 weeks: progress flexion to 120°
 - 8+ weeks: progress flexion to full
- Strengthening: NO resisted open chain quad strengthening for 12 weeks
 - 6-8 weeks:
 - Mini-squats
 - Short arc quad
 - Light leg press with partial range
 - Core exercises (V-ups and bridging)

WOODSON QUADRICEPS & PATELLAR TENDON REPAIR REHAB PROTOCOL

- 8-12 weeks:
 - Squat progression (bodyweight squats → weighted squats)
 - Long arc quad (no resistance)
- 12-16 weeks:
 - Single leg squats
 - Barbell squats
 - Deadlifts
- Conditioning:
 - Elliptical and rowing machine
 - Biking initiated at 110° flexion
 - Initiate jogging program at 16 weeks
- Criteria for jogging:
 - 16 weeks post-op
 - > 3/10 pain at rest
 - Within 2° normal knee extension and 125° normal knee flexion
 - At least 1 minute of single leg squats
 - MD approval

Post-Op Weeks 16-24: Phase III

- Strengthening:
 - 16+ weeks:
 - Gym strengthening (squats, deadlifts)
 - Core exercises (mountain climbers, planks, v-ups)
 - 20+ weeks:
 - Olympic lifting
- Conditioning:
 - Biking
 - Elliptical
 - Jogging
 - Swimming
- Plyometrics and Light Agility:
 - 16-20 weeks:
 - Ladder drills
 - Double leg hops
 - Side shuffle
 - 20+ weeks:
 - Single leg box jumps and hopping
 - Light agilities
- Criteria for Heavy Agility and Sport Specific Movements:
 - 20 weeks post-op
 - > 2/10 max pain
 - Quad & hamstring strength > 80% normal; >50% H/Q ratio for females
 - At least 2 minutes of single leg squats (resisted)
 - < 5 on landing error scoring system (LESS)
 - MD approval

WOODSON QUADRICEPS & PATELLAR TENDON REPAIR REHAB PROTOCOL

Post-Op Weeks 24+: Return to Play

- Strengthening:
 - Progress gym routine (squats, deadlifts, Olympic lifting)
 - Biodex quad and hamstring fatiguing protocols
 - Core exercises (mountain climbers, planks, v-ups)
- Conditioning:
 - Jogging, biking and swimming
 - Interval sprint workouts
- Plyometrics and light agility (2-3 days/week):
 - Max effort box jumps (progress with rotation)
 - Lateral and rotational agility
 - Single-leg hops testing
 - Unpredictable cutting and contact drills

Criteria for Return to Play:

- Quad & hamstring strength > 90% normal; >60% H/Q ratio for females
- At least 3 minutes of single leg squats (resisted)
- > 2/10 max pain
- 90% normal on all single-leg hop tests
- 95% normal on figure-of-8, 5-10-5 pro-agility and S-L vertical jumps
- MD approval