

## **QUADRICEPS TENDON REPAIR** **(For Acute Ruptures)** *Safran's POST-OPERATIVE PROTOCOL*

### Post-operative Day 1

- Brace Locked Full Time
- Weight Bearing As Tolerated with Crutches and Brace in Full Extension
- Quad Sets
- Tighten Hamstrings
- Straight Leg Raises in Brace
- Ankle Pumps

### Post-operative Day 35

- Begin Active and Passive Knee Flexion to 45 degrees
- Passive Extension Only

### Post-operative Day 42

- Increase Active and Passive Flexion to 60 degrees

### Post-operative Day 49

- Increase Active and Passive Flexion to 75 degrees
- Begin Active Knee Extension
- May discontinue Crutches
- Continue Brace and Weight Bearing in Full Extension

### Post-operative Day 56 (8 weeks)

- Wean from brace as walk without limitation of motion.
- Begin Isokinetic Strengthening

No Strenuous sports for 4 - 6 months (when strength is 85% of contralateral quadriceps and full range of motion).