

Quad Tendon Repair



	Name:							D	OB:			
	Dr: Godin								OS:			
		Weeks from surgery										
ROM RESTRICTI	ROM & Muscle Initiation	1	2	3	4	5	6	7-8	9- 14+	15-20+	21-26+	27-30+
NS	Flexion/Extension - Wall slide											
	Flexion/Ext - seated/calf assisted											
0-30 x 2 w												
then increa	•											
15° per w	k hyperext)											
until 6 wk												
then FRO	M Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
BRACE	Ankle pumps											
SETTING												
	Progress to Endurance: ROM >125	o, Q	vad	set	that	tern	ninal	lly exte	ends the	knee		I
T scope 0-0	Muscular Endurance 3 x 15, 45s								9- 14+			
6 wks	Lateral band stepping											
J	Single leg leg press											
	Squat progression											
Weight	RDL											
Bearing												
status	Progress to strength: 15+ weeks &	Quo	d in	dex	> 7 0	 %.	/ ba	lance (anterior	reach <8cn	ı ı side to si	de
	difference					•						
NWB x 6										15-20+		
weeks	120s rest											
	Lateral band stepping											
	Single leg leg press											
	Hex bar squat											
	Kettlebell deadlift											
	Elevated split squat											
	Progress to power: 21+ weeks & Q <4cm side to side difference	uad	inde	ex >	90%	, Ho	ımstı	ring in	dex >90	%, Y balan	ce anterio	r reach
	Muscular Power 3 x 6, 180s										21-26+	
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
	Progress to running: 27+ weeks & 7	ripl	e ho	p di	stan:	ce >	90%	ofun	affected	side		
	Running, Speed & Agility		<i>-</i>	-				0.0		0.00		27-30+
	Running progression											
	Ladder footwork drills											
	Forward & backward cone drills											
	Lateral cone drills	\vdash										
	Laierai cone arilis	1	1	1	1	1	1		1	1	1	

High Level Activities										21-26+	
Golf, outdoor biking											
Clearance for other activities made by Dr Godin and based on different factors including passing the											
included progression criteria											

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