

Quad Repair



Name: _____

Dr: Benjamin Petre, MD

Date: _____

● = Do exercise for that week

Week

ROM RESTRICTIONS

0-0 Week 1-2
 0-30 Week 3
 0-45 week 4
 0-60 week 5
 0-75 week 6
 0-90 Week 7

As tolerated
 Week 8+

BRACE SETTINGS

Locked in ext
 from week 0-2
 then follow
 ROM.

Weight Bearing status

WBAT with
 knee locked in
 extension

TIME LINES

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

Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization - gentle	●	●	●	●	●	●	●	●						
Quad series - gentle					●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises						●	●	●						
Balance series						●	●	●	●	●	●	●	●	●
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance						●	●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill – walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins							●	●	●	●	●	●	●	●
Elliptical trainer									●	●	●	●	●	●
Rowing									●	●	●	●	●	●
Stair stepper										●	●	●	●	●
Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends							●	●	●	●	●	●	●	
Double leg bridges							●	●	●	●				
Reverse lunge – static hold							●	●	●	●				
Beginning cord exercises							●	●	●	●	●			
Balance squats										●	●	●	●	●
Single leg deadlift										●	●	●	●	●
Leg press										●	●	●	●	●
Sports Test exercises											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression												●	●	●
Initial – single plane												●	●	●
Advance – multi directional													●	●
Functional sports test													●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf											●	●	●	●
Outdoor biking, hiking, snowshoeing											●	●	●	●
Skiing, basketball, tennis, football, soccer													●	●

Therapist Name: _____