Quad Tendon Repair

Dr: <u>Cinque</u> ROM & Muscle Initiation Flexion/Extension – Wall slide Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no hyperext)	1	2	W(eek		om s	D surger	OS: y			
Flexion/Extension – Wall slide Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no	1	2				om s	urger	у			
Flexion/Extension – Wall slide Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no	1	2				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Junger	y			
Flexion/Extension – Wall slide Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no			-		5	6	7-8	9-14+	15-20+	21-26+	27-30+
Flexion/Ext – seated/calf assisted Patella/Tendon mobilization Extension mobilization (no											
Patella/Tendon mobilization Extension mobilization (no											
Extension mobilization (no											
•											
Quad sets											
Hamstring sets											
Terminal knee extension,											
Straight leg raise (when no quad lag)											
Progress to Endurance: ROM >125	⁰ , Q	uad	l set	tha	t teri	minc	ally ex	tends th	e knee	- I	
Muscular Endurance 3 x 15, 45s rest							-	9-14+			
Lateral band stepping											
Single leg leg press											
Squat progression											
RDL											
Tuck squat											
	Qu	ad i	nde	x >7	0%,	Ybo	alance	anteric	r reach <8	Bcm side t	o side
									15 001		
									13-20+		
Single leg leg press											
Hex bar squat											
Kettlebell deadlift											
Elevated split squat											
		d inc	dex	>90%	76, H	ams	tring in	ndex >9	0%, Y balc	ince ante	rior
	е									01.07	
										21-20+	
							77 - 6		al atal a		
<u> </u>	Iripi	e no	op a	listai	nce	>90;	% Of U	namecre	a siae		07.00.
											27-30+
	-										
	-										
										21.24	
										21-28+	
-	l de k	ן זער)r Ci	l nau	e ar	l nd hi	nsed o	n differ	ent factor	sincluding	Г
				190							1
	Ankle pumps Bike with no resistance Progress to Endurance: ROM >125 Muscular Endurance 3 x 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 15+ weeks & difference Muscular Strength 3 x 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & G reach <4cm side to side difference Muscular Power 3 x 6, 180s rest Front squat Barbell deadlift Split jumps Sled drags Progress to running: 27+ weeks & T Running progression Ladder footwork drills Forward & backward cone drills Lateral cone drills High Level Activities Golf, outdoor biking Clearance for other activities mad	Ankle pumps Bike with no resistance Progress to Endurance: ROM >125°, Q Muscular Endurance 3 × 15, 45s rest Lateral band stepping Single leg leg press Squat progression RDL Tuck squat Progress to strength: 15+ weeks & Quadifference Muscular Strength 3 × 10 120s rest Lateral band stepping Single leg leg press Hex bar squat Kettlebell deadlift Elevated split squat Progress to power: 21+ weeks & Quad reach <4cm side to side difference	Ankle pumps Image: Solution of the sentence of the sentencence of the sentence of the sentencence of the sentenc	Ankle pumps Bike with no resistance Image: Second Sec	Ankle pumps Image: Strange stran	Ankle pumps Image: Status and the progress to Endurance 3 x 15, 45s rest Image: Status and the progress to Endurance 3 x 15, 45s rest Muscular Endurance 3 x 15, 45s rest Image: Status and the progress to Endurance 3 x 15, 45s rest Image: Status and the progress to Endurance 3 x 15, 45s rest Single leg leg press Image: Status and the progress to Endurance 3 x 15, 45s rest Image: Status and the progress to Endurance 3 x 15, 45s rest Squat progression Image: Status and the progress to Strength: 15+ weeks & Quad Index >70%, difference Muscular Strength 3 x 10 120s Image: Status and the progress to Strength 3 x 10 120s Frest Image: Status and the progress to Endurance 3 x 10 120s Lateral band stepping Image: Status and the progress and the progress to Endurance 3 x 10 120s Single leg leg press Image: Status and the progress and the progress to Endurance 3 x 10 120s Lateral band stepping Image: Status and the progress to Progress to prower: 21+ weeks & Quad Index >90%, H Freach <4cm side to side difference	Ankle pumps Image: Stance Image: Stance <td>Ankle pumps Image: Constraint of the second sec</td> <td>Ankle pumps Image: Stance Image: Stance Bike with no resistance Image: Stance Image: Stance Progress to Endurance: ROM >125°, Quad set that terminally extends the Muscular Endurance 3 x 15, 45s rest Image: Stance Muscular Endurance 3 x 15, 45s rest Image: Stance Image: Stance Single leg leg press Image: Stance Image: Stance Squat progression Image: Stance Image: Stance RDL Image: Stance Image: Stance Image: Stance Tuck squat Image: Stance Image: Stance Image: Stance Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior difference Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance<!--</td--><td>Ankle pumps Image: Constraint of the second sec</td><td>Ankle pumps Image: Constraint of the sector of the sec</td></td>	Ankle pumps Image: Constraint of the second sec	Ankle pumps Image: Stance Image: Stance Bike with no resistance Image: Stance Image: Stance Progress to Endurance: ROM >125°, Quad set that terminally extends the Muscular Endurance 3 x 15, 45s rest Image: Stance Muscular Endurance 3 x 15, 45s rest Image: Stance Image: Stance Single leg leg press Image: Stance Image: Stance Squat progression Image: Stance Image: Stance RDL Image: Stance Image: Stance Image: Stance Tuck squat Image: Stance Image: Stance Image: Stance Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior difference Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance Image: Stance Muscular Strength 3 x 10 120s Image: Stance Image: Stance </td <td>Ankle pumps Image: Constraint of the second sec</td> <td>Ankle pumps Image: Constraint of the sector of the sec</td>	Ankle pumps Image: Constraint of the second sec	Ankle pumps Image: Constraint of the sector of the sec