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### **Quad Tendon Repair Protocol:**

The patient underwent an open R / L quad tendon repair with swivel lock suture anchors. 100% of the patient's quad tendon was ruptured.

Formal physical therapy will begin at postoperative week #4.

Postoperatively the patient is immediately placed into a long leg hinged knee brace (t-scope) unlocked from 0° to 30° at rest and locked in extension during ambulation with crutches. Weight bearing is progressed from touch-down to full weight-bearing over 4 weeks. The patient weans crutches typically over an additional 1 to 2 weeks after full weight bearing has been achieved. Physical therapy will be initiated at the four-week postop timeframe. Ambulation with the brace unlocked to 60° begins at 6 weeks, with progression 10° to 20° each week as tolerated. The brace is discontinued when 120° of motion is achieved, at 10 to 12 weeks. Strengthening begins at 12 weeks and return to sports at 24 weeks.