

PATELLAR TENDON REPAIR REHABILITATION PROTOCOL

| | WEIGHT BEARING | BRACE | ROM | EXERCISES |
|--------------------------------|--|--|--|---|
| PHASE I 0-2 weeks | As tolerated with crutches and brace*** | Locked in full extension for sleeping and all activity* Off for exercises and hygiene | 0-2 weeks: 0-45° when non-weight bearing | Heel slides, quad sets, patellar mobs, SLR, calf pumps |
| PHASE II 2-8 weeks | 2-8 weeks: Full WB while in brace | 2-4 weeks: Locked in full extension day and night 4-6 weeks: Off at night; locked in full extension daytime 6-7 weeks: 0-45° 7-8 weeks: 0-60° Discontinue brace at 8 weeks | 2-3 weeks: 0-60° 3-4 weeks: 0-90° 4-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions | Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90° |
| PHASE III 8-12 weeks | Full | None | Full | Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able |
| PHASE IV 12-20 weeks | Full | None | Full | Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD |

*Brace may be removed for sleeping after first post-operative visit (day 10-14)

**Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

***WB status may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.