

REHABILITATION PROTOCOL: PATELLAR TENDON REPAIR

□ Phase 1 (Weeks 0-6)

- Weight bearing as tolerated with hinged knee brace locked in extension with crutches
- Range of motion
 - Locked in full extension, no flexion
- Modalities per PT discretion

□ Phase 2 (Weeks 6-8)

- Weight bearing as tolerated with hinged knee brace locked in extension with crutches
- Range of motion
 - AAROM → AROM flexion and passive extension 0-45°
 - Can progress 15° each week to reach goal
- Therapeutic exercises
 - Isometric quadriceps, hamstring, adductor, and abductor exercises (NO STRAIGHT LEG RAISE)
- Modalities per PT discretion

□ Phase 3 (Weeks 8-10)

- Weight bearing as tolerated, hinged knee brace locked in extension, and eventual discontinue crutch use
- Range of motion:
 - AAROM → AROM flexion and passive extension 0-90°
 - Can progress 15° each week to reach goal
- Therapeutic exercises
 - Isometric quadriceps, hamstring, adductor, and abductor exercises (NO STRAIGHT LEG RAISE)
- Modalities per PT discretion

□ Phase 4 (Weeks 10-12)

- Weight bearing as tolerated, can discontinue hinged knee brace, continue crutches until good quad control
- Range of motion: Advance beyond 90°
- Therapeutic exercises
 - Gait training
 - Hamstring and quadriceps exercise
 - Straight leg raises without resistance and stationary cycling
- Modalities per PT discretion

□ Phase 5 (Weeks 12-16 / Months 3-4)

- Complete weight bearing, no brace
- Range of motion: full active
- Therapeutic exercises
 - Gait training
 - Hamstring and quadriceps exercise
 - Proprioception and balance activity including single leg support

□ Phase 6 (Weeks 16-24 / Months 4-6)

- Begin running and sport/job specific training
- >6 months begin jumping and contact sports IF quadriceps strength is 85-90% of contralateral extremity