



## Post-Operative Rehabilitation for Patellar Tendon Repair

### Phase I: Weeks 0-2

- Weight bearing as tolerated with crutches and brace.
- Brace (If Applicable) Locked in full extension at all times, including sleep. May remove for showering and exercises.
- ROM:
  - Non weight bearing 0-45°
- Exercises
  - Heels slides, quad sets, SLR, ankle pumps, heel props, patellar mobs

### Phase II: Weeks 2-8

- Full Weight bearing
- Brace:
  - ACTIVE MOTION
  - 2-4 weeks: Locked in full extension at all times, including sleep
  - 4-6 weeks: Locked in full extension during the day, off at night.
  - 6-7 weeks: 0-45°
  - 7-8 weeks: 0-60°
  - Discontinue at 8 weeks.
- PROM
  - 2-3 weeks: 0-60°
  - 3-4 weeks: 0-90°
  - 4-8 weeks: progress slowly as tolerated (Refer to PT script for any restrictions)
- Exercises:
  - Advance Phase I exercises
  - Side lying core/hip/glute exercises
  - Begin WB calf raises
  - **NO WB >90°**

### Phase III: Weeks 8-12

- ROM: Full
- Exercises:
  - Progress closed chain activities
  - Begin hamstring work; lunges/leg press 0-90°

- Proprioception/balance exercises
- Progress core/hip/glutes exercises
- Begin stationary bike when able

**Phase IV Weeks 12-20**

- ROM: Full
- Exercises
  - Progress Phase III exercise and functional activities
  - Add single leg balance
  - Continue with core/hip/glutes strength
  - Begin eccentric hamstrings
  - Begin elliptical, continue with bike
  - 12 weeks: May begin swimming
  - 20 weeks: Advance to sport-specific drills and running/jumping once CLEARED BY MD