

**PATELLAR TENDON REPAIR  
REHABILITATION PROTOCOL  
Dr. Carson (Revised 3/22/18)**

**ATTENTION PHYSICAL THERAPISTS—STRESS IMPORTANCE OF THE FOLLOWING:**

- Place patient in brown compression stocking (20-30 mmHg) at first PT appointment. Wear during daytime only and d/c at night—instruct patient/family member how to don/doff stocking
  - May discharge when no swelling or effusion- typically 3-4 weeks p/o
- Stress early knee extension. Should reach full knee ext by 2 weeks post-op.
- Stress no pillows under popliteal fossa. Always under calf/heel only to progress knee extension.

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	As tolerated with crutches and brace	Locked in full extension for sleeping and all activity  Off for exercises and hygiene	<b>0-2 weeks:</b> 0-45° When non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
<b>PHASE II</b> 2-8 weeks	<b>2-8 wks:</b> Full WB while in brace	<b>2-4 wks:</b> locked in full extension day and night  <b>4-6 wks:</b> Off at night; locked in full extension daytime  <b>6-7 wks:</b> 0-45 degrees  <b>7-8 wks:</b> 0-60 degrees  Discontinue brace <b>at 8 wks</b>	<b>2-3 wks:</b> 0-60 degrees  <b>3-4 wks:</b> 0-90 degrees  <b>4-8 wks:</b> progress slowly as tolerated- refer to PT Rx for restrictions	Advance Phase 1 exercises  Add side-lying hip/core/glutes  Begin WB calf raises  Scar mobs 4-6 weeks when adequate healing  <b>No weight bearing with flexion &gt;90 degrees</b>
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Begin hamstring work, lunges/leg press 0-90 degrees, proprioception

				<p>exercises, balance/core/hip/glutes</p> <p>Begin stationary bike when able</p>
<p><b>PHASE IV</b> 12-20 weeks</p>	Full	None	Full	<p>Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical and bike</p> <p>Swimming okay at 12 weeks</p> <p>Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD</p>