

KNEEbraska  
 Matthew R. Byington, DO  
 Orthopaedic Surgeon—Board Certified  
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction  
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506  
 Phone: (402) 489-4700 Fax: (402) 489-5220  
[www.KNEEbraska.com](http://www.KNEEbraska.com) // [www.drmatbyington.com](http://www.drmatbyington.com) // [www.prairie-ortho.com](http://www.prairie-ortho.com)

**PATELLAR TENDON EXCISION (JUMPER’S KNEE) REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> (0-2 weeks)	FWB with brace locked in extension	Locked in extension, worn at all times except PT and hygiene	Full ROM as tolerated	Heel slides, quad sets, patellar mobs, SLR, SAQ
<b>PHASE II</b> (2-6 weeks)	2-4 weeks: per PT discretion 4-6 weeks: Full without brace	NA	Full ROM	Add heel raises, total gym, terminal knee extensions  Activities with brace use 0-2 weeks—after wean as tolerated
<b>PHASE III</b> (6-12 weeks)	FWB	NA	Full ROM	Progress closed chain activities. Begin hamstring work, lunges & leg press 0-90 degrees; balance exercises/core/glutes  Stationary bike as able
<b>PHASE IV</b> (12-20 weeks)	FWB	NA	Full ROM	Progress functional activities, SLS, eccentric hamstrings, bike  Swimming ok at 12 weeks  Advance to sport-specific drills, running/jumping at 16 weeks/once cleared by surgeon