

KNEEbraska
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PATELLA TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (0-2 weeks)	WBAT with crutches and brace*	Locked in extension, worn at all times (including sleeping). May remove for hygiene.	0-2 weeks: no ROM	quad sets, ankle pumps in brace
PHASE II (2-8 weeks)	WBAT with crutches and brace	2-6 weeks: locked in full extension day and night 6-8 weeks: off at night; locked in full extension daytime D/C brace at 8 weeks May remove for hygiene and exercise	2-6 weeks: PROM 0-45 degrees 6+ weeks: progress PROM as tolerated	Advance Phase 1. Add sidelying core/hip/glutes Begin weight bearing calf raises
PHASE III (8-12 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
PHASE IV (12-20 weeks)	FWB	NA	Full ROM	Progress functional activities, SLS, eccentric hamstrings, bike **

*Weight bearing status many vary. Please confirm with surgeon.

**Swimming ok at 12 weeks. Progress to sport-specific drills, running/jumping at 20 weeks/once cleared by surgeon.