

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 // www.drmatbyington.com // www.prairie-ortho.com
PATELLAR TENDON EXCISION (JUMPER'S KNEE) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I (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
PHASE II (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
PHASE III (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
PHASE IV (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