



Guidelines for rehabilitation following Patellar Tendon Repair

*Please take this information to your physiotherapy appointments.

This general program may be adjusted for individual surgeries.

Post-Op Protocol

- Brace
 - weeks 0-6: wear brace full-time locked in extension (to protect surgical repair) except when performing rehabilitation exercises
 - weeks 7-12: consider unlocking brace to 30-40deg IF good quadriceps control for ambulation (MD to determine)
- Immediate touch toe weight bearing (with brace)
 - advance to full weight bearing w/o crutches by 6wks IF good leg control (therapist/MD to determine)
 - weeks 7-12: max 70deg weight bearing flexion
- Rehabilitation exercises
 - POD#1: isometric quadriceps & hamstring sets, ankle pumps
 - weeks 1 & 2: gluteus sets (wearing brace), gentle patellar mobilizations
 - weeks 3-6: start active flexion 0-45deg (advance 30deg per week until maximum 90deg flexion), NO ACTIVE EXTENSION, avoid knee hyperextension
 - 4-way leg lifts w/ brace locked in extension
 - weight shifting onto surgical side with brace on
 - weeks 7-12: start active extension
 - weeks 7-8: 0-115deg knee ROM
 - weeks 9-10: 0-130deg knee ROM
 - open chain active ROM
 - closed chain 0-40deg (light squats, leg press, shallow lunge steps)
 - prone knee flexion, stationary bike, core strengthening
 - after week 12
 - full knee ROM, avoid forceful eccentric contractions & impact activities
 - progress quad strengthening gradually to 70deg, single leg stance, gait drills, functional movements
- no strenuous athletic activity x4-6mo (need full ROM, 85-90% contralateral strength)

