



Patellar Tendon Repair Protocol

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with brace, crutches at all times	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	Locked in extension	Quad sets, patellar mobs, gastroc/soleus stretch SLR w/ brace in full extension
PHASE II 2-8 weeks	2-8 weeks: Full WB while in brace	Locked in extension when walking. Ok to remove for ROM.	2-4 weeks: 0-45° 4-8 weeks: progress 30° per week until full	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD