



## Patellar Tendon Repair Protocol

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