

Patellar Tendon Repair Rehab Protocol

KANDILNOTES

Brace:

Week 0-8: Post-op hinged knee brace; locked at 0° extension

Weight Bearing:

Week 0-2: NON Weight bearing with crutches and knee brace locked in extension

Week 2-8: Transition to WBAT (weight bearing as tolerated) with knee brace

Week 8+: Full weight bearing, discontinue hinged knee brace

ROM:

Week 0-4: No ROM

Week 4: 0-30 deg

Week 5: 0-40 deg

Week 6: 0-70 deg

Week 8: 0-90 deg

Week 10: Progress motion as tolerated

Exercise:

Week 0-2: quad sets, ankle pumps

Week 2-6: quad sets, hamstring activation, toe raises

Week 6-12: stationary bike, half squat/ wall sits 40 deg

Week 12-16: step up/down progression

Week 16-20: walk to jog progression

Week 20-24: full jogging

Week 24 and after: jumping