



Patellar Tendon Repair—Postop Rehabilitation Protocol (rev 5/2021)

Post-op Days 1 – 14

Dressing – POD 1-9—reinforce dressing if needed, change if bloody
– POD 10-14: Sutures out
Brace – locked in extension at all times
Crutches – 25-50% PWB (with brace/immobilizer)
Patellar mobilization – teach patient
Ankle pumps
Quad sets, Co-contractions Quads/HS
SLR x 4 in standing (in brace)
Gentle HS stretch
Ice Pack with knee in full extension after exercise

Goals

Full passive extension
Good quad control
Pain/effusion control

Weeks 2 – 4

Brace – locked in extension for ambulation
Crutches – WBAT (D/C when gait is WNL)
Continue appropriate previous exercises
PEAF (passive extension-active flexion), heel slides, 0-60 degrees
Passive extension with heel on bolster or prone hangs
Electrical stimulation – sub-maximal quad sets for muscle re-education
SLR x 4 on mat (in brace)
HS curls with light weight, 0-60 degrees
Double leg heel raises
Proprioceptive training (in brace) – single leg standing in parallel bars
– double leg BAPS for weight shift
Stretches – HS, AT, ITB

Goals

ROM 0-45 degrees
No ext lag

Weeks 4 – 6

Brace – Locked at 0-30 degrees
Continue appropriate previous exercises
PEAF, AAROM 0-90 degrees
Standing SLR x 4 (in brace) with Theraband bilaterally
HS curls 0-90 degrees with light weight
Forward, lateral, and retro step downs in parallel bars
– No knee flexion past 45 degrees
Single leg heel raises
Body Blade (in brace)
Elliptical trainer

Goals

Normal Gait
ROM 0-90 degrees

Weeks 6 – 8

Brace – gradually open to patient's available range
Continue appropriate previous exercises
AAROM 0-120 degrees
Active knee extension without weight
Leg press – light weight
Mini squats, wall squats
Heel raises with resistance on leg press
SLR x 4 on mat with light weight below the knee
Proprioceptive training (in brace) – progress to single leg BAPS, ball toss
and body blade
Stationary bike
Treadmill – Backwards and forwards walking
Pool therapy (flutter kicks from hip with knee in extension)

Goal – ROM 0-120

Weeks 8 – 12

D/C Brace
Continue appropriate previous exercises
AROM, AAROM – full range
Full HS curls
Functional activities – Fitter, slide board
Treadmill – Forwards walking approaching 15-20 min/mile pace

Goals

Full ROM
Walk 2 miles at 15-20 min/mile pace

Months 3 – 4

Continue appropriate previous exercises
Begin gym program
Knee extension with resistance
Treadmill – Begin light jogging
Quad and hip flexor stretches
Pool therapy – Begin swimming laps

Goal – Jog for 10 minutes with normal gait pattern

Months 4 – 6

Continue appropriate previous exercises
Home/gym program
Agility drills / Plyometrics
Sit-up progression
Treadmill – Running progression program

Goals

Return to all activities

No contact sports until 6 months post-op