

REHABILITATION PROTOCOL FOR

PATELLAR TENDON REPAIR

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Immediately Post Op:	Isometric Quadriceps Strengthening Exercises Isometric Hamstring Strengthening Exercises Patellar Mobilization Exercises Straight Leg Raises with Brace Locked Straight Weight Bearing with knee in brace locked straight Brace on at all times. Brace unlocked to sit and during rehabilitation, otherwise it should be locked straight at all times (including sleep)
2 Weeks Post Op:	No Active Extension of Flexed Knee Active flexion of the knee to _____ degrees (default is 45 degrees) Thus if flexing the knee and supine, either the PT straightens the knee or use non-operative leg to extend the surgical leg. Alternatively, may flex knee while prone and let gravity straighten knee
3 Weeks Post Op:	May increase knee flexion by 15 degrees
4 weeks Post Op	May increase knee flexion by 15 degrees
5 weeks Post Op	May increase knee flexion by 15 degrees
6 weeks Post Op	May increase knee flexion without limitation May walk with brace unlocked and wean off brace based on quad control May start active knee extension in short arcs (0 - 30 degrees)
7 Weeks Post Op:	May increase start active knee extension in arc to 45 degrees
8 Weeks Post Op:	May increase start active knee extension in arcs to 60 degrees
9 Weeks Post Op	Active knee extension from 90 degrees and advance Begin Closed Chain exercises for quads and hamstrings when FROM May begin stationary cycle, elliptical and increase walking
16 weeks Post Op	Resumption of strenuous athletic activity is prohibited for 4 to 6 months postoperatively, until the patient demonstrates full range of motion of the knee and 85% to 90% of the strength of the contralateral extremity on isokinetic strength testing.