

 <p>Mount Sinai West</p>	<p>Aruna Seneviratne MD Tel. 212-636-8290 Fax 212-636-3102 www.replayortho.com</p>	<p>Department of Orthopaedic Surgery 425 West 59th Street, 5th floor New York, NY 10019</p>
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Rehabilitation Protocol Following Patellar Tendon Repair

POD #1-14

Brace – Locked in extension for ambulation and sleeping. Off for hygiene and exercises.

ROM – 0-30deg – non weight bearing

Exercises - Heel slides, quad sets, patellar mobs, SLR, calf pumps

Weight Bearing – as tolerated with brace locked in extension.

Week 2-8

Brace – 2-4 weeks: Locked in full extension day and night
4-6 weeks: Off at night; locked in full extension daytime
6-7 weeks: 0-45°
7-8 weeks: 0-60°
Discontinue brace at 8 weeks

ROM – 2-3 weeks: 0-45°
3-4 weeks: 0-60°
4-6 weeks: : 0-60°
6-8 weeks: progress slowly as tolerated

Exercises – Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90deg

Weight Bearing – as tolerated

Modalities – Ultrasound, E.Stim.

Week 8-12

Brace – None

ROM – 0-140 as tolerated – regain full flexion.

Exercises - Progress closed chain activities. Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes. Begin stationary bike when able.

Weight Bearing - Full

Beyond 3 months

Progress week 8-12 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