

Post-Operative Rehabilitation Guidelines for Patellar Tendon Repair

0-6 Weeks: WBAT, Brace locked in extension all times except with therapy. No ROM first two weeks. After that, ROM:

0-30° weeks 2-4

30-60° weeks 4-6

0-90° weeks 6-8

As tolerated > 8 weeks

Patella mobilization

SLR supine with brace locked at 0 degrees, Quad Sets

Ankle Pumps

8-12 Weeks: Unlock brace for ambulating. Wean from brace as tolerated. May D/C crutches when gait normalized.

Normalize ROM. No limits.

Advance quad strengthening

Mini Squats / Weight Shift

3-6 Months:

Normal gait, WBAT with no assist

Full, Normal ROM

Leg Press, Squats

Initiate running/jogging

Isotonic Knee Extensions (90-40 degrees, closed chain preferred) Agility exercises (sport cord)

Versaclimber/Nordic Track

Normalize quad strength