PATELLAR TENDON EXCISION (JUMPER'S KNEE)
or TIBIAL TUBERCLE EXCISION (OSGOOD-SCHLATTER)
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE**	ROM	EXERCISES
PHASE I 0-2 weeks	Full as tolerated**	Brace, if provided, worn for comfort Remove brace for hygiene and exercises	Full, gentle ROM as tolerated	Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps **Avoid weight bearing flexion >90 degrees**
PHASE II 2-6 weeks	Full	Worn for comfort, discontinue by 4 weeks	Full	Addition of heel raises, closed chain exercises, terminal knee extensions Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when tolerating, starting with low resistance and high seat **Avoid weight bearing flexion >90 degrees**
PHASE III 6-12 weeks	Full	None	Full	Progress closed chain activities and functional activities: single leg balance, core, glutes, and eccentric hamstrings Swimming okay at 12 wks
PHASE IV 12-20 weeks	Full	None	Full	Advance to sport-specific drills, elliptical, and running/jumping after 12-16 wks once cleared by MD

*A brace or soft knee immobilizer may or may not be prescribed. It is used for comfort.
**If patient's PT script differs, follow their PT script

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