PATELLA TENDON REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	As tolerated with crutches and brace*	Locked in full extension for sleeping and all activity Off for hygiene	**0-2 weeks:** no range of motion	Quad sets and calf pumps in brace
PHASE II 2-8 weeks	As tolerated with crutches and brace	**2-6 weeks:** Locked in full extension day and night **6-8 weeks:** Off at night; locked in full extension daytime for activity Discontinue brace at 8 weeks Off for hygiene and exercises	**2-6 weeks:** Passive ROM 0-45° **6+ weeks:** Advance PROM as tolerated	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises
PHASE III 8-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III 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 weeks once cleared by MD

*Please refer to specific PT for any alterations to WB or brace protocol

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