



Patellar Tendon Repair

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Precautions: Brace should be locked a 0° for 4 weeks

PHASE I (1-4 WEEKS POST OP):

- Weight bearing as tolerated with brace
- Brace locks at 0°
- Quad sets
- Ice & elevation
- EMS

PHASE II (4-6D WEEKS POST OP):

- Weight bearing as tolerated with brace 0-45°
- EMS for quads
- Heel side ROM within 0-45°
- Quad sets 3x/day
- Supine and prone SLR
- Adductor/Hamstring Isometrics

PHASE III (6-8 WEEKS POST OP):

- Brace locked between 0-60°
- Add hamstring Isotonics
- SLR all 4 positions
- Start light closed chain exercises
- Exercise bike for ROM

PHASE IV (9-10 WEEKS POST OP):

- Brace locked between 0-90°
- Increase CKC rehab

- Begin Aerobic bike
- Add leg press
- Increase hamstring Isotonics

PHASE V (12 WEEKS POST OP):

- Brace in full ROM