



## Patellar Tendon Rupture Repair

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### WEEK 1:

- Wear brace
- Quad sets
- Ice- elevate
- E-Stim
- Partial weight bearing (PWB)
- CPM per M.D.

### WEEKS 2-4:

- Weight-bear as tolerated
- E-Stim to quads
- Heel Side ROM within limits 0-45° (M.D. directed)
- Quad sets- TID
- Supine SLR- Prone SLR
- SL- SLR
- Continue in brace- Start to unlock flexion 15-40° (only if quad is good)
- Adductor Isometrics
- Hamstring Isometrics

### WEEKS 5-8:

- Add hamstring Isometrics
- Increase ROM 10-15°/week (as tolerated) \* If and when out of brace- add balance work
- SLR all 4 positions
- Increase weight bearing (per M.D.)
- Start light closed chain exercises (CKC)
- Exercise bike from ROM

## WEEK 9:

- Increase CKC rehab
- Begin aerobic bike
- Add leg press
- Increase hamstring Isometrics

## WEEK 16:

- Add light running