

**PATELLAR TENDON RECONSTRUCTION
 REHABILITATION PROTOCOL**

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-4 weeks	0-2 Weeks: NWB 2-4 Weeks: TTWB advance to Full WB by week 4	Locked in full extension for sleeping and all activity*	0-4 weeks: NO ROM	Heal pumps, no formal PT
PHASE II 4-10 weeks	4-8 weeks: Advance to full WB while in brace	4-7 weeks: Locked in full extension day and night 7- 10 weeks: 0-45 deg advance to 90 week 9 Discontinue brace at 10 weeks	4-6 weeks: 0-30° 6-8 weeks: 0-60° 8-10 weeks: progress slowly as tolerated - refer to PT Rx for restrictions	Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90°
PHASE III 10-14 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 14-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 16 wks Advance to sport-specific drills and running/jumping after 24 wks once cleared by MD

**Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

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