

**Grant H Garcia, MD**  
 2409 North 45<sup>th</sup> Street,  
 Seattle, WA 98103  
 Wallingford: 206-633-8100  
 Ballard: 206-784-8833



## PATELLAR TENDON REPAIR REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<b>PHASE I</b> 0-2 weeks	As tolerated with crutches and brace***	Locked in full extension for sleeping and all activity*  Off for exercises and hygiene	<b>0-2 weeks:</b> 0-45° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
<b>PHASE II</b> 2-8 weeks	<b>2-8 weeks:</b> Full WB while in brace	<b>2-4 weeks:</b> Locked in full extension day and night  <b>4-6 weeks:</b> Off at night; locked in full extension daytime <b>6-7 weeks:</b> 0-45° <b>7-8 weeks:</b> 0-60°  Discontinue brace at 8 weeks	<b>2-3 weeks:</b> 0-60° <b>3-4 weeks:</b> 0-90°  <b>4-8 weeks:</b> progress slowly as tolerated - refer to PT Rx for restrictions	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 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
<b>PHASE IV</b> 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 wks once cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-10)

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

\*\*\*WB status may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.