

Rehabilitation Protocol: Patellar Tendon Debridement with Repair

Phase I, Immediate Postoperative Phase 0-2 weeks

- Brace: hinge knee brace, locked in extension while sleeping and at all times except when in therapy
- ROM: okay to unlock for therapy for ROM up to 90 deg
- Weightbearing: WBAT in extension
- Exercises:
 - Patellar mobilization
 - Straight leg raise supine with brace locked at 0 degrees
 - Quad sets
 - Ankle pumps

Phase II, Early Rehabilitation Phase 2-4 weeks

- Brace: locked in extension for ambulation and sleeping
- ROM: gradually normalize ROM, no limits, focus on maintaining full extension
- Weightbearing: WBAT in extension
- Exercises:
 - Muscle stim to quads
 - Isometric quad sets
 - Straight leg raises (4 planes)
 - Leg press (0-60 deg)
 - Knee extension (90-40 deg)
 - Partial squats (0-40 deg)
 - Weight shifts
 - Hamstring curls standing (active ROM)
 - Light bicycle if ROM allows
 - Proprioception training
 - Overpressure into extension
 - Passive ROM 0-100 deg
 - Patellar mobilization

Phase III, Progressive Strengthening and Neuromuscular Control Phase: 4-10 weeks

- Brace: unlock then wean out
- ROM: 0-125 deg
- Weightbearing: WBAT
- Exercises:
 - Bicycle
 - Hip exercises
 - Lateral step ups
 - Front step downs
 - Wall squats partial
 - Stair stepper
 - Pool program
 - Tilt board partial squats
 - After week 8- leg press 0-100 deg

**Phase IV,
Advanced
Activity Phase:
10-14 weeks**

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT
- Exercises:
 - Leg press
 - Wall squats
 - Knee extension 90-40 deg
 - Step down
 - Calf training
 - Lateral step ups and lunges
 - Jogging after 12 weeks

**Phase V, Return
to Activity
Phase:
14-22 months**

- Brace: None
- ROM: full, normal ROM
- Weightbearing: WBAT
- Exercises:
 - Continue strengthening
 - Continue neuromuscular control drills
 - Continue plyometrics drills
 - Progress running and agility program
 - Progress sport specific training
- Running/cutting/agility drills
- Gradual return to sport drills