



Patellar Tendon Debridement/Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises/Interventions</u>
Phase 1 Weeks 0-2 1-2x/ week HEP daily	Edema and pain control Maintain full extension Limit quad inhibition	WBAT Brace locked at 0 for ambulation & sleep Remove brace for exercise & hygiene Avoid prolonged standing/walking	P/A/AAROM flexion/extension, no limits Quadriceps isometrics & re-education Patella mobilization Emphasize full passive extension Proprioception training Hip progressive resisted exercises
Phase 2 Weeks 2-6 2-3x/ week HEP daily	Full ROM Minimal swelling Normalize gait Ascend/Descend 8" stair Reciprocal stairs Return to normal ADLs	WBAT DC brace when quad sufficient Avoid pain with therapeutic exercises and functional activities	Continue above Closed chain strengthening Step up/step down program Elliptical
Phase 3 Weeks 6-12 2-3x/week HEP daily	Full ROM Return to normal activity Maximize strength/flexibility	Avoid pain with therapeutic exercises and functional activities	Continue above Progress closed chain activities Begin hamstring work Leg press 0-90° Advance proprioception
Phase 4 Weeks 12-20 2-3x/ week HEP Daily	Full ROM Maximize strength Run pain free Adequate endurance Apprehension free activity	Return to sport (MD directed) Swimming OK at 12 weeks Running/jumping at 16 weeks and when able to descend 8" step without pain/deviation	Continue above Advance core, glutes, eccentric hamstrings, elliptical, and bike Plyometrics when stable strength