

Physical Therapy Protocol Patellar Tendon Repair

Recommendation: PT/OT visits 2-3x/week for 8-12 weeks

Week 0-2

- Full weight bearing
- Brace on at all times (except to shower), locked straight
- No knee range of motion
- Quad activation
- Gait training, crutch management

Week 2-6

- Passive knee range of motion with therapy
 - Week 2-4: 0-45 degrees flexion
 - Week 4-6: 0-90 degrees flexion
 - Week >6: Full knee range of motion
- No open chain exercises
- Brace locked in full extension for ambulation until full quad control

Week 6-12

- Wean out of brace
- Gait training, no pivoting
- Soft tissue mobilization
- Closed chain exercises, no open chain exercises
- Progress towards home program

Week >16

- Home exercise program
- Resistance and strength training
- Closed chain exercises