

Post-operative Rehabilitation Protocol

Patellar Tendon Debridement/Partial Tear

General Guidelines	<ul style="list-style-type: none"> - Physical therapy should begin 5-7 days after surgery - You will be weight bearing as tolerated with brace locked in extension for 2 weeks, unless otherwise directed by MD - Rest, ice, compression, elevation recommended for first 48 hours - Contact therapist or physician with any questions/concerns 		
	Range of Motion	Brace	Exercises
Phase 1 – Early protection <i>Weeks 0 - 2</i>	0-2 wks: 0 – 90°	0-2 wks: Locked in extension full time for weight bearing, okay to remove for ROM exercises and PT	<u>Exercises</u> : Straight leg raise with brace locked, Quad sets, ankle pumps, patellar mobilizations
Phase 2 – Early Loading <i>Weeks 2 - 6</i>	Progress to full ROM	Wean out of brace once good quad control	<u>Exercises</u> : Begin stationary bike at 6-8 weeks as tolerated. Once normalized, pain-free gait → begin balance exercises, mini squats, weight shifts
Phase 3 – Strength <i>Weeks 6 - 12</i>	Full, pain-free ROM	None	<u>Exercises</u> : Progress strengthening. Begin single leg strengthening/balance. Add elliptical at 12 weeks. Advance bike resistance. Build walking endurance
Phase 4 – Resume activities <i>Weeks 12+</i>	Full, pain-free ROM	None	Progress phase 3 exercises. May begin light jogging as comfortable. Add sport-specific training. <u>Criteria to return to sports</u> : At least 90% limb symmetry on hop and isokinetic strength test. No reactive pain or swelling after sport-specific activities. MD Clearance <u>Encourage maintenance program based on functional sports assessment</u>