

## Patellar Tendon Repair Rehabilitation Protocol

	<b>Weight-bearing</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated in brace with crutches*	Locked in full extension at all times including sleeping and activity*  Off for hygiene and exercises	0- 45° when non-weight-bearing	Calf pumps, quadriceps tightening sets and SLR in <b>brace</b> , heel slides and patellar mobilization out of brace, modalities
<b>Phase 2</b> 2-8 weeks	As tolerated in <b>brace</b>	<b>2-4 weeks:</b> Locked in full extension at all times <b>4-6 weeks:</b> Off at night; locked in full extension during day <b>6-7 weeks:</b> Unlocked 0-45° <b>7-8 weeks:</b> Unlocked 0- 60°	2-3 weeks: 0-60° 3-4 weeks: 0-90°	Progress non-weight-bearing flexibility  Begin side-lying core, hip and gluteal strengthening  <b>No weight-bearing with flexion greater than 90°</b>
<b>Phase 3</b> 8-12 weeks	Full	None	Full	Progress closed chain quadriceps strengthening, progress balance, core/pelvic and stability work, lunges and leg press to 90°  Begin stationary bike under PT supervision
<b>Phase 4</b> 3-5 months	Full	None	Full	Glutes/ pelvic stability/core + closed-chain quad program  Swimming permitted at 12 weeks  Advance to sport specific drills and impact activity after 5 months when cleared by M.D.

\*Weight-bearing status and brace settings may vary based on procedure. Please refer to specific prescription.  
SLR – Straight-leg raise