

# Patellar Tendon Excision (Jumper's Knee) or Tibial Tubercle Excision (Osgood-Schlatter) Rehabilitation Protocol

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**PT Frequency:** 2-4 times per week

**ROM Restrictions:** Full, as tolerated

**Weightbearing Restrictions:** WBAT

## Weeks 0-2 (Phase I)

- Weight Bearing: Full WBAT
- Brace: For comfort as needed
- ROM: Full, gentle ROM as tolerated
- Exercises: Heel slides, quad sets, patellar mobs, SLR, SAQ, calf pumps
  - **Avoid weightbearing flexion > 90°**

## Weeks 2-6 (Phase II):

- Weight Bearing: Full WBAT
- Brace: For comfort, discontinue by 4 weeks
- ROM: Full
- Exercises:
  - Addition of heel raises, closed chain exercises, terminal knee extensions
  - Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
  - Begin stationary bike when tolerating, starting with low resistance and high gear
  - **Avoid weightbearing flexion > 90°**

## Weeks 6-12 (Phase III):

- Weight Bearing: Full
- Brace: None
- ROM: Full
- Exercises:
  - Progress closed chain activities and functional activities – single leg balance, core, glutes, eccentric hamstrings
  - Swimming okay at 12 weeks

## Week 12-20 (Phase IV):

- Weight Bearing: Full
- Brace: None
- ROM: Full
- Exercises:
  - Advance to sport-specific drills, elliptical, running/jumping and impact after 12-16 weeks once cleared by MD