

# Patellar Tendon Repair Rehabilitation Protocol

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**Diagnosis:** Patellar Tendon Tear

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

**ROM Restrictions:** 0-30° when NWB weeks 0-2, progress 15° weekly thereafter

**Brace:** Locked in extension x 3 weeks, then progress as below

**Weightbearing:** WBAT with crutches and brace

**PHASE I (Weeks 0 – 3):** Period of protection, decrease edema, activate quadriceps

- **Weightbearing:** Weight bear as tolerated with crutches and brace
- **Hinged Knee Brace:** Locked in full extension for ambulation and sleeping (remove for PT).
- **Range of Motion:** 0-30° passive/ active hamstring assist with PT.
- **Exercises:** Heel slides, Quad Sets
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase II (Weeks 3 – 8)**

- **Weightbearing:** Weight bear as tolerated with crutches and brace
- **Hinged Knee Brace:** Unlock brace as quad control improves. Wean out by 8 weeks
- **Range of Motion**
  - Weeks 3-4: 0-45°
  - Weeks 4-8: Progressively advance 15° / week or as directed
- **Therapeutic Exercises:** Advance Phase I exercises, introduce side-lying hip/core/glutes.
  - Begin weight bearing calf raises (week 4)
  - \*\*No weight bearing with flexion >90°
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase III (Weeks 8 – 12)**

- **Weightbearing:** Full
- **Hinged Knee Brace:** None
- **Range of Motion:** Full range of motion
- **Therapeutic Exercises:** Progress to closed chain activities, Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes. Begin stationary bike (week 10)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)

**Phase IV (Weeks 12 - 20)**

- **Therapeutic Exercises:** Progress Phase III exercises, single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike
  - Swimming (week 12)
  - Advance to sport-specific drills and running/jumping (week 20 plus)
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after)