

# Patellar Tendon Repair

Dr. Campbell

## Phase I: Maximum Protection (Weeks 0-6)

### WEEKS 0-4

#### PHYSICIAN VISIT

- 1 week follow up- AP and lateral x-ray views at 30°

#### OVERALL CARE

- Ice and modalities to reduce pain and inflammation

#### BRACE

- Brace locked in full extension for 6 weeks

#### WEIGHT BEARING

- 50% weight bearing for 3 weeks
- 75% weight bearing weeks 3-4
- Wean off crutches at 4 weeks, but stay in brace

#### RANGE OF MOTION

- 0° to 30° knee flexion. Increase 10°/week until full range of motion is achieved.

#### EXERCISES

- Patella and patella tendon mobility drills

### WEEKS 4-8

#### PHYSICIAN VISIT

- 4-5 week follow up repeat x-rays

#### BRACE

- Brace locked in full extension for 6 weeks

#### WEIGHT BEARING

- Full weight bearing

#### EXERCISES

- Patella and patella tendon mobility drills

## Phase II: Progressive Range of Motion and Early Strengthening (Weeks 8-12)

### WEEK 8

#### BRACE

- Open brace 0°-90°

#### WEIGHT BEARING

- Full weight bearing

#### RANGE OF MOTION

- Gradually progress to full range of motion

#### EXERCISES

- Continue with edema control and patella mobility
- Begin quadriceps setting
- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function
- Initiate open kinetic chain progressing to closed kinetic chain multi-plane hip strengthening
- Normalize gait pattern
- Begin stationary bike
- Initiate pool program
- Normalize gait

### WEEKS 8-10

#### PHYSICIAN VISIT

- 8-9 week follow-up, repeat lateral x-rays

#### BRACE

- Wean out of brace

#### RANGE OF MOTION

- Restore full ROM

#### EXERCISES

- Continue with patella mobility drills
- Normalize gait pattern
- May begin short arc quadriceps contraction 0°-30°

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).  
Answering service for after hours.*

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- Progress open and closed kinetic chain program from bilateral to unilateral
- Increase intensity on stationary bike
- Begin treadmill walking program, week 10

## WEEKS 10-12

### RANGE OF MOTION

- Full ROM

### EXERCISES

- Terminal quadriceps stretching
- Advance unilateral open and closed kinetic chain strengthening
- Initiate proprioception drills
- May introduce elliptical trainer, week 12

## Phase III: Progressive Strengthening (Weeks 12-16)

## WEEKS 12-16

### PHYSICIAN VISIT

- 12-13 week follow-up, repeat lateral x-rays

### EXERCISES

- Advance open and closed kinetic chain strengthening
- Increase intensity on bike, treadmill and elliptical trainer
- Increase difficulty and intensity on proprioception drills
- Begin gym strengthening: leg press, hamstring curls, abduction/adduction; avoid lunges and knee extensions
- Begin multi-directional functional cord program

## Phase IV: Advanced Strengthening and Functional Drills (Weeks 16-20)

## WEEKS 16-20

### PHYSICIAN VISIT

- Week 16-17 follow-up, repeat lateral x-rays

### EXERCISES

- May begin leg extensions; 30° to 0°
- Begin pool running program, advancing to land as tolerated

## Phase V: Plyometric Drills and Return to Sport Phase (Weeks 20-24)

## WEEKS 20-24

### PHYSICIAN VISIT

- 5-6 month follow up, repeat AP and lateral x-rays

### EXERCISES

- Advance gym strengthening
- Progress running/springing program
- Begin multi-directional field/court drills
- Begin bilateral progressing to unilateral plyometric drills
- Sports test for return to competition

Based on Rosenberg Cooley Metcalf Protocol