



GOLDEN STATE ORTHOPEDICS & SPINE

PATELLAR TENDON REPAIR POST-OPERATIVE PROTOCOL

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

Weeks 0-4:

- Brace locked in full extension for 6 weeks
- 50% weight bearing for 3 weeks. 75% weeks 3-4. Wear off crutches at 4 weeks.
- Ice and modalities to reduce pain and inflammation
- Patella and patella tendon mobility drills
- Range of motion- 0° to 30°knee flexion. Increase 10°/week until full range of motion is achieved.

Weeks 4 to 6:

- Full weight bearing
- Continue patella/patella tendon mobility

Phase II - Progressive Range of Motion and Early Strengthening (Weeks 6 to 12):

Weeks 6 to 8:

- Full weight bearing
- Open brace 0° -90°
- Continue with swelling control and patella mobility
- Gradually progress to full range of motion
- Begin quadriceps setting
- Begin multi-plane straight leg raising and closed kinetic chain strengthening program focusing on quality VMO function.