

Patellar Tendon Repair PT Protocol

Phase I – Weeks 0 to 6:

- WBAT, Brace locked in extension 0-2 weeks
- WBAT, Brace unlocked 30 degrees flexion 2-4 weeks
- WBAT, Brace unlocked to 60 degrees flexion 4-6 weeks
- ROM: 0-30 degrees, 0-2 weeks
- ROM: 0-60 degrees, 2-4 weeks
- ROM: 0-90 degrees, 4-6 weeks
- Patella mobilization
- SLR supine with brace locked at 0 degrees, quad sets
- Ankle pumps

Phase II – Weeks 6 to 12:

- Unlock brace for ambulating; wean from brace as tolerated
- May discontinue crutches when gait is normalized
- Normalize ROM; no limits
- Begin short crank ergometry and progress to standard (170mm) ergometry (if knee ROM >115°)
- Advance quad strengthening
- Mini squats/weight shifting

Phase IV – Months 3 to 6:

- Normal gait, WBAT with no assist
- Full, normal ROM
- Leg press, squats
- Initiate running/jogging
- Isotonic knee extension (90-40°, closed chain preferred)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Normalize quad strength