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**CENTRAL INDIANA
 ORTHOPEDICS**

Patellar Tendon Repair Post-Operative Rehabilitation Protocol

Post-op Days 1 - 14

- Dressing - POD 1: Debulk dressing, TED Hose in place
 - POD 2: Change dressing, keep wound covered, continue TED Hose
 - POD 7-10: Sutures out, D/C TED Hose when effusion resolved
- Brace x 8 weeks - Locked in extension for ambulation
- Wear elastic stockings (TED hose)
- Crutches - Partial weight bearing (PWB)
- Patellar mobilization (teach patient)
- Calf pumps
- AAROM 0-45 degrees (passive extension, active flexion, heel slides)
- Passive extension with heel on bolster or prone hangs
- Electrical stimulation - sub-maximal quad sets for muscle re-education
- Quad sets, Co-contractions quads / Hamstrings
- Standing Straight leg raise (SLR) x 4 (in brace)
- Gentle Hamstring stretch
- Ice Pack with knee in full extension after exercise

Goals

- Full passive extension
- Good quad control
- Pain/effusion controlled

Weeks 2 - 4

- Brace x 8 weeks - Locked in extension for ambulation
- Crutches - Weight bearing as tolerated (WBAT), D/C when gait is normal
- Continue appropriate previous exercises
- AAROM 0-70 degrees (passive extension, active flexion)
- SLR x 4 on mat (in brace)
- Hamstring curls 0-45 degrees on weight machine with light resistance
- Double leg heel raises
- Proprioceptive training (in brace)
 - Single leg standing in parallel bars
 - Double leg BAPS for weight shift
- Stretches - Hamstring, ITB

Goals

- ROM 0-70 degrees
- No extensor lag



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Weeks 4 - 6

- Brace x 8 weeks - Locked at 0-30 degrees for ambulation
- Continue appropriate previous exercises
- AAROM 0-90 degrees (passive extension, active flexion)
- Standing SLR x 4 (in brace) with Theraband bilaterally
- Hamstring curls 0-90 degrees on weight machine with light resistance Forward, lateral and retro step downs in parallel bars (in brace 0-45 degrees)
 - No knee flexion past 45 degrees (small step)
 - Single leg heel raises (in or out of brace)
- Elliptical trainer (in brace)

Goals

- Normal gait
- ROM 0-90 degrees

Weeks 6 - 8

- Brace x 8 weeks - Gradually open to available range
- Continue appropriate previous exercises
- AAROM, AROM through full range
- Active knee extension without weight (no brace)
- SLR x 4 on mat with light weight below the knee (no brace)
- Leg press 0-60 degrees - Light resistance (no brace)
- Mini squats, Wall squats 0-60 degrees (no brace)
- Proprioceptive training (in brace) - Single leg BAPS, ball toss and body blade
- Stationary bike (no brace) - Progressive resistance and time
- Treadmill - Forwards and backwards walking (in brace)
- Pool therapy (flutter kicks from hip with knee in extension)

Goal

- ROM 0-110 degrees

Weeks 8 - 12

- D/C Brace
- Continue appropriate previous exercises and following ex without brace
- PROM, AAROM, AROM to regain full motion
- Short Arc Quads
- Hamstring curls on machine through full range - Light to moderate resistance
- Leg Press 0-90 degrees - Light to moderate resistance
- Hip weight machine x 4 bilaterally
- Fitter
- Slide board
- Treadmill - Walking progression program

Goals

- Full ROM
- Walk 2 miles at 15 min/mile pace



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**CENTRAL INDIANA
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Months 3 - 4

- Continue appropriate previous exercises
- Knee extension weight machine with light to moderate resistance
- Functional activities - Figure 8s, gentle loops, large zigzags
- Treadmill - Running progression program
- Pool therapy - Swimming laps
- Quad and Hip Flexor stretches

Goals

- Equal thigh girth
- Equal quad flexibility in prone (heels to buttocks)
- Run 2 miles at easy pace

Months 4 - 6

- Continue appropriate previous exercises
- Agility drills / Plyometrics
- Sit-up progression
- Stairmaster
- Running progression to track
- Transition to home / gym program

Goals

- Return to all activities

No contact sports until 6 months post-op