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Patellar Tendon Repair Rehab Protocol

X = Perform exercise **Week**

		Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
Range of Motion	0-30° weeks 0-2	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X								
	0-60° weeks 2-4	Flexion/Extension – seated	X	X	X	X	X	X	X	X								
	0-90° weeks 4-6	Patella/Tendon mobilization	X	X	X	X	X	X	X	X								
	Full ROM after	Extension mobilization	X	X	X	X	X	X	X	X								
	Brace Settings (while not in PT)		Quad series	X	X	X	X	X	X	X	X							
			Hamstring sets	X	X	X	X	X	X	X	X							
			Sit and reach for hamstrings - gentle	X	X	X	X	X	X	X	X							
			Ankle pumps	X	X	X	X	X	X	X	X	X						
			Toe and heel raises						X	X	X	X						
			Balance series						X	X	X	X	X	X	X	X	X	
		Weight Bearing Status	Locked in full extension X 6 weeks	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
				Bike/Rowing with well leg	X	X	X	X	X	X	X	X						
				Bike with both legs – no resistance								X	X	X				
				Bike with both legs - resistance									X	X	X	X	X	X
	Aquajogging									X	X	X	X	X	X	X		
	Treadmill – walking 7% incline									X	X	X	X	X	X	X		
	Swimming with fins												X	X	X	X		
	Elliptical trainer												X	X	X	X		
	Rowing												X	X	X	X		
	Stair stepper													X	X	X		
TIME LINES	Week 1(Day 1-7)	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
	Week 2(Day 8-14)	Double knee bends											X	X	X			
	Week 3(Day 15-21)	Double leg bridges											X	X	X			
	Week 4(Day 22-28)	Reverse lunge – static hold											X	X	X			
		Beginning cord exercises											X	X	X			
		Balance squats												X	X	X		
		Single leg deadlift												X	X	X		
		Leg press												X	X	X		
		Sports Test exercises												X	X	X		
		Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24		
		Running progression														X	X	
		Initial – single plane														X	X	
		Advance – multi directional															X	
		Functional sports test															X	



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High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
Golf													X	X
Outdoor biking, hiking													X	X
Skiing, basketball, tennis, football, soccer														X