



Patellar Tendon Repair Rehabilitation Protocol

progression to the next phase should only be completed once patients have passed the goals of their current phase

	Brace	Weight Bearing	ROM	Exercises
0-8 weeks*	Locked in Extension @ all times, except therapy	WBAT in brace, with crutches until gait normalized (after 6-8 weeks)	0-2 weeks: 0 2-4 weeks: 0-30 vs. none 4-6 weeks: 0-60 vs. none 6-8 weeks: 0-90 vs. initiate gradual 30 degree weekly ROM increase	Ankle pumps, quad isometrics (quad sets), patellar mobilizations.
8-12 weeks	Unlock brace for ambulation, D/C when comfortable	Full WB, wean crutches over 6-8 week timeline	Advance ROM	Progress to active strengthening (mini squats, weight shift)
12+ weeks	N/A	Full WB	FULL	Leg press, squats, running, closed chain isotonic knee extensions, normalize quad strength then gradual return to full activities