



Patellar Tendon Repair Protocol: Dr. Nick Sexton

	WEIGHT BEARING STATUS	BRACE	ROM	EXERCISES
Phase I 0-2 weeks	WBAT with brace locked in full extension	TROM Brace; Locked in FULL EXTENSION for sleeping and all activity. Off for exercise and hygiene	0-1 wks: 0° 1-2 wks: 0-30° 0-30° when non-weightbearing and sedentary	Heel slides, Quad Sets, Patellar mobilization exercises, Calf pumps, NMES for quad activation. May do BFRT
Phase II 2-8 weeks	WBAT with brace locked in full extension	2-4wks: locked in full extension day/night 4-6 wks: Off at night, Locked in Extension during daytime. 6-7wks: 0-45° Full WB 7-8wks: 0-60° Full WB Discontinue TROM Brace at 8wks - if no extensor lag	2-3 wks: 0-45° 3-4wks: 0-60° 4-6 wks: 0-90° 6-8 wks: Progress 30 degrees every two weeks slowly as tolerated.	Add side-lying hip/core/glutes Begin WB calf raises NO WB with flexion > 90*
Phase III 8-12 weeks	Full WB	None	Full ROM	Progress closed chain activities, begin hamstring strengthening: utilize lunges/leg press 0-90° Proprioception, Balance/core/hip exercises Utilize stationary bike when tolerated.
Phase IV 12-20 weeks	Full WB	None	Full ROM	Single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike. 12 wks: Pool therapy/swimming 20 wks: Advance to specific sport drills/exercises