



# Mid-America Orthopedics

**Dr. John Babb**

12112 W. Kellogg, Wichita, KS 67235 - (316) 630-9300

## **PATELLAR TENDON REPAIR**

### **Day 1-6**

---

- PT removes bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, re-cover with 4x4's, and notify Dr Babb (may need antibiotics).
- **NO ice bags** on any oozing or open wounds without being covered first with a bandage.
- If any wounds are oozing delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are scars.
- **Brace: Locked in full extension for ambulation & sleeping until 6 weeks post-op**
- **Ambulation:** TTWB-25% with brace locked in extension
- **ROM:**
  - 0°-45° in clinic
  - Patella Mobilization
- **Exercise:**
  - Quad sets
  - Ankle pumps
  - Hip ABD/ADD
  - Hamstring Gastroc, Soleus Stretches

### **Day 7-13**

---

- **Brace:** Continue locked in extension. Can unlock for ROM in clinic
- **Ambulation:** Progress WB 25-50% with leg locked in extension
- **ROM:** 0°-60°
- **Exercise:**
  - Continue with previous exercises
  - Add heel prop for extension stretching
  - Initiate E-stim for quad recruitment
  - Initiate gravity eliminated SLR flexion (AAROM)

**Day 14-20**

---

- **Brace:** Continue locked in extension. Can unlock for ROM in clinic
- **Ambulation:** Progress to WB 50-75% with leg locked in extension
- **ROM:** 0°-75°
- **Exercise:** Continue previous exercises

**Day 21-27**

---

- **Brace:** Continue locked in extension. Can unlock for ROM in clinic
- **Ambulation:** Progress to WBAT with leg locked in extension
- **ROM:** 0°-75°
- **Exercise:**
  - Continue previous exercises
  - Initiate weight shifting
  - Initiate mini squats 0-45

**Day 28-34**

---

- **Brace:** Continue locked in extension. Can unlock for ROM in clinic
- **Ambulation:** WBAT with leg locked in extension
- **ROM:** 0°-80°
- **Exercise:**
  - Continue previous exercises

**Day 35-41**

---

- **Brace:** Continue locked in extension. Can unlock for ROM in clinic
- **Ambulation:** WBAT with leg locked in extension
- **ROM:** 0°-90°
- **Exercise:**
  - Continue previous exercises
  - Initiate SLR against gravity
  - Active knee extension 90-30
  - Initiate mini squats 0-45
  - Initiate pool program if available

**6 Weeks Post-op**

---

- **Brace:** Opened to full ROM
- **Ambulation:** Full WB in brace unlocked to full ROM
- **ROM:** 0°-120°
- **Exercise:**
  - Continue previous exercises
  - Initiate weight shifting
  - Initiate mini squats 0-45

### **7 -12 Weeks Post-op**

---

- **Brace:** Continue unlocked until strength is 80% of contralateral LE
- **Ambulation:** Full weight bearing in brace
- **ROM:**
  - **7 weeks:** 0°-125°
  - **8 weeks:** 0°-135°
  - **9 weeks:** 0°-140°
  - **10 weeks:** 0°- full
- **Exercise:**
  - Continue previous exercises
  - Knee extension 90-0
  - Squats 0-90
  - Leg Press
  - Lunges
  - Hamstring curls within ROM limitations
  - Proprioception drills
  - Stationary Bike

### **3-4 Months Post-op**

---

- **Brace:** Continue unlocked until strength is 80% of contralateral LE
- **Ambulation:** Full weight bearing in brace
- **ROM:**
  - **Full**
- **Exercise:**
  - Continue previous exercises
  - Step ups
  - Step downs

### **4-6 Months Post-op**

---

- **Exercise:**
  - Continue previous exercises with emphasis on eccentric & functional exercises
  - May initiate light plometrics & agility drills at 5 months post-op
  - May initiate light in-line jogging at 5-6 months post-op

### **7-9 Months Post-op**

---

- **Exercise:**
  - Progress strengthening & functional exercises
  - Progress plyometric, agility, & sports specific program

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.