



Mid-America Orthopedics

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PATELLAR TENDON REPAIR

Weeks 0-2

- **Brace:** Locked in extension at all times
- **Ambulation:** WBAT with leg locked in extension
- **ROM:** 0-70 degrees of knee flexion
- **Exercise: Do in brace with it locked**
 - Quad sets
 - SLR

Weeks 2-4

- **Brace:** Continue locked in extension when up-can unlock for ROM
- **Ambulation:** WBAT with leg locked in extension
- **ROM:** PROM 0-90
- **Exercise:**
 - Continue with quad sets and SLR
 - Add heel prop for extension and stretching

Weeks 4-6

- **Brace:** Continue locked in extension
- **Ambulation:** WBAT with leg locked in extension
- **ROM:** PROM 0-110
- **Exercise:** Continue previous exercises

Week 6-On

- **Brace:** Unlock brace
- **Ambulation:** WBAT with brace unlocked
- **ROM:** PROM 0-135
- **Exercise:**
 - Begin AROM
 - Begin gentle strengthening
- Total gym squats
- Step-ups
- Wall sits

- Balance activities

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.