



## Patellar Tendon Repair Rehab Protocol

X = Perform exercise

**Week**

		1	2	3	4	5	6	7	8	9	10	12	16	20	24	
<b>Range of Motion</b>	<b>Initial Exercises</b>															
	Flexion/Extension - wall slides	X	X	X	X	X	X	X	X							
	Flexion/Extension – seated	X	X	X	X	X	X	X	X							
	Patella/Tendon mobilization	X	X	X	X	X	X	X	X							
	Extension mobilization	X	X	X	X	X	X	X	X							
	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						
<b>Brace Settings</b> (while not in PT)	Balance series						X	X	X	X	X	X	X	X	X	
	<b>Cardiovascular Exercises</b>	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	
<b>Weight Bearing Status</b>	Stair stepper												X	X	X	
	<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
	Double knee bends											X	X	X		
	Double leg bridges											X	X	X		
	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	
<b>TIME LINES</b>	<b>Agility Exercises</b>	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
	<b>High Level Activities</b>	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

Week 1(Day 1-7)  
 Week 2(Day 8-14)  
 Week 3(Day 15-21)  
 Week 4(Day 22-28)