



Jeffrey H. Berg, MD
Gaurav Bhatia, MD
Aaron Carter, MD
Thomas B. Fleeter, MD
George Kartalian, MD
David R. Miller, MD
Dhruv Pateder, MD
James D. Reeves, MD

1860 Town Center Dr., Suite 300 Reston, VA
(703) 435-6604

6201 Centreville Rd., Suite 600, Centreville, VA
(703) 378-4860

REHABILITATION FOR PATELLAR TENDON REPAIR

Week 0-1 (Immediate Post-op)

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-30 degrees
4. Quad sets in brace locked in extension
5. SLR w/assist
6. Modalities to reduce swelling

1-2 Weeks from Surgery (2-3 visits per week)

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-60 degrees; wall slides (0-30 degrees) supine; AROM for flexion
4. Quad sets in brace locked in extension
5. Short arc quads (SAQ) 0-20 degrees
6. E-stim, isometric 15-20 degrees
7. Modalities to reduce swelling

2-4 Weeks from Surgery (progress from top to bottom)

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs prn
3. AROM 0-90 degrees, PROM for flexion 0-60 degrees
4. Wall slides supine to equal degree of AROM (flexion)
5. SAQ 0-30 degrees
6. E-stim
7. Hydrotherapy for ROM prn
8. Modalities to reduce swelling

Orthopaedic and Reconstructive Surgery • Sports Medicine • Arthroscopic Surgery • Spine Surgery
Hand/Wrist & Upper Extremity Surgery • Foot/Ankle & Lower Extremity Surgery • Physical Medicine & Rehabilitation

www.towncenterorthopaedics.com

4-6 Weeks from Surgery

1. WBAT (Brace locked in extension)
2. Patellar mobs prn
3. PROM & AROM (0-90 degrees) ± supine wall slides
4. SAQ 0-45 degrees
5. Bike no resistance & seat up high 20 min, lower seat as tolerated
6. Modalities to reduce swelling; scar massage

6-8 Weeks from Surgery

1. WBAT (Brace locked in extension)
2. AROM/PROM 0-120 degrees
3. Patellar mobs prn
4. E-stim D/C if isometric max volitional contraction is 80% of the MVC of uninvolved leg (20-45 degrees)
5. Increase exercises: Squats (1/4-1/2), bike w/resistance, stair master (short step height, increase as tolerated), leg press, step ups.
6. Modalities to reduce swelling; scar massage

8-12 Weeks from Surgery

1. Work toward full AROM/PROM
2. D/C brace
3. E-stim prn
4. Patellar mobs
5. Therapeutic exercise increased
6. Modalities to reduce swelling; scar massage
7. Home exercise program instructions

12-14 Weeks from Surgery

1. Therapeutic exercises increased
2. Run if 90% ROM, 80% strength