

PATELLAR TENDON REPAIR

Phase I (Weeks 0 – 4)

- TDWB with crutches and immobilizer
- PROM from 0 - 60°
- Strengthening:
 - Quadricep sets
 - SLR's in immobilizer for abduction/extension
 - Ankle pumps

Phase II (weeks 4 – 6)

- Progress to PWB with crutches and wean from immobilizer when good quad control
- Progress PROM/AAROM to 0 - 90°
- Strengthening:
 - Continue Quadricep set
 - Continue SLR's in abduction and extension and add light resistance
 - Begin SLR's in flexion in immobilizer
- Begin gentle stretches (hamstrings, gastrocnemius, ITB, etc)

Phase III (weeks 6 – 12)

- Progress to FWB and wean from crutches when no limp(6 – 8 weeks)
- Progress PROM/AAROM/AROM to tolerance
- Begin stationary bike when 110° flexion
- Strengthening:
 - Begin resisted SLR's in flexion
 - Begin closed chain strengthening
 - Begin light open chain isotonic exercises
- Begin balance/proprioception program

Phase IV (weeks 12- 16)

- Progress above ROM, flexibility, proprioception and strengthening program
- Isokinetic test (full ROM/high speeds)
- Begin straight-line jogging program

Phase V (Weeks 16 – 24)

- Begin sport specific agility program
- Return to play when client meets discharge criteria

Discharge Criteria:

- Full ROM
- No effusion
- No tenderness over patellar tendon or pain with exercise
- Satisfactory strength test (80% of opposite leg)
- Satisfactory completion of straight jogging and sport specific agility program
- Physician approval



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