

Partial Patellar Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Edema and pain control ● Eliminate effusion 	<p>Knee brace locked in extension while walking</p> <p>Full weightbearing with brace and crutches</p> <p>may unlock 0-90 while sitting</p>	<ul style="list-style-type: none"> ● Avoid open chain extension ● Begin PROM 0 – 90 deg immediately ● Patellar mobilization all directions <p>Modalities:</p> <ul style="list-style-type: none"> ● NMES if unable to perform SLR without lag ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Extension: heel prop, prone hang ● Long sitting HS stretch ● Quad sets, glut sets ● SLR x4 with assist until no lag ● Ankle pumps ● Calf raises on leg press ● Gait training on flat TM
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● No effusion ● Increase ROM ● Normalize gait 	<p><u>2-4 weeks:</u> May unlock 0-45 with PT</p> <p><u>4-6 weeks:</u> full WB brace fully unlocked</p>	<ul style="list-style-type: none"> ● Begin A/ PROM as tolerated with therapy 0-45 for weeks 2-4, then unlock after <p>Modalities:</p> <ul style="list-style-type: none"> ● Scar STM when incision healed ● Patellar mobs all directions ● Gentle prone quad stretch/knee flex 	<ul style="list-style-type: none"> ● Heel slides/wall slides/seated assist flexion ● Lateral band stepping after 4 weeks ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glut sets, clams/mini-hydrants/glut pushes ● Calf raises on leg press ● Single leg press ● Standing TKEs ● Gait training- when gait WNL, progress to reverse incline ● Lateral walks with sport cord ● Abductor strengthening
<p>Phase 3 (6-10 weeks)</p>			<ul style="list-style-type: none"> ● Begin bike, elliptical, stair master with low resistance

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<p>Goals:</p> <ul style="list-style-type: none">● Full ROM● Normalize ADLs● Begin strength	<p>Wean fully out of brace by week 6</p> <p>Full ROM</p>	<ul style="list-style-type: none">● Full A/PROM <p>Manual:</p> <ul style="list-style-type: none">● Joint mobs PRN for full flex and ext ROM● Patellar mobs/ Scar STM with extractor <p>Modalities:</p> <ul style="list-style-type: none">● Ice/stim PRN	<ul style="list-style-type: none">● Step ups/lateral step over's- progress to faster pace● Lateral walks with sport cord● SLS dynamic surfaces● Hamstring curls● Mini squats● Planks● Continue glute/quad/core
<p>Phase 4 (10+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">● Jogging without pain/swelling● SL jump w/o difficulty		<ul style="list-style-type: none">● Full A/PROM	<ul style="list-style-type: none">● Continue everything in phase 3● Walk/jog progression● Advanced closed chain exercises● Jogging patterns at 50-75% speed● 3 months: begin jumping, progress running● advance to sprint, backward running, incorporate cutting/change of direction, plyo program● Muscular power – squads, split jumps, sled drags● Gym program activities● Sport-related strengthening