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REHABILITATION PROTOCOL – PATELLAR TENDON REPAIR

Phase I (0-2 weeks)

Weight-Bearing: as tolerated with brace locked in extension
Brace: locked in extension for sleeping and all activity (off for PT)
ROM: locked in extension
Exercises: quad sets, patellar mobilization, straight leg raises, ankle pumps

Phase II (2-8 weeks)

Weight-Bearing: As tolerated in brace
Brace: locked in extension during day (off for PT)
Passive ROM:

- Week 2-3: 0-60°
- Week 3-4: 0-90°
- Week 4-8: progress slowly as tolerated

Exercises: Phase I exercises. Add side-lying hip/core/gluteal strengthening

Phase III (8-12 weeks)

Weight-Bearing: as tolerated
Brace: none
ROM: full
Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings, gluteals
- Proprioception exercises
- Stationary bike

Phase IV (12-20 weeks – only advance to Phase IV if no swelling and full ROM):

Weight-Bearing: as tolerated
Brace: none
ROM: full
Exercises:

- Continue as above
- Eccentric hamstring, gluteal strength
- Elliptical, stationary bike
- After 20 weeks: advance to drills, jumping, cutting if cleared by Dr. Welch

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