

Dr. Craig Chike Akoh, M.D.
PATELLAR TENDON EXCISION (JUMPER'S KNEE)
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> <i>0-2 weeks</i>	Full in Brace locked in extension	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	Full as tolerated	Heel slides, quad sets, patellar mobs, SLR, SAQ
<i>PHASE II</i> <i>2-6 weeks</i>	2-4 weeks: As per patient's PT Rx** 4-6 weeks: Full w/o brace	None	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 2 weeks; then w/o brace as tolerated
<i>PHASE III</i> <i>6-12 weeks</i>	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90 proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
<i>PHASE IV</i> <i>12-20 weeks</i>	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 16 wks once cleared by MD

- Brace, if one was prescribed, may be removed for sleeping after first post-operative visit (day 7-10)
- Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

For any questions or concerns regarding the protocol or rehabilitation process please contact my Athletic Trainer below.