

Dr. Craig Chike Akoh, M.D.
PATELLAR TENDON REPAIR
REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
<i>PHASE I</i> 0-2 weeks	Non weight bearing	Locked in full extension for day and night 6 weeks Off for exercises and hygiene	0-2 weeks: 0-30° when non-weight bearing	Heel slides, quad sets, patellar mobs, SLR, calf pumps
<i>PHASE II</i> 2-8 weeks	2-4 weeks: Transition to full weight bearing brace locked in extension	2-6 weeks: Locked in full extension day and night 6-7 weeks: 0-45° 7-8 weeks: 0-60° Discontinue brace at 8 weeks	2-4 weeks: 0-60° 4-6 weeks: 0-90° 6-8 weeks: progress slowly as tolerated - refer to PT Rx for restrictions	Advance Phase 1 exercises Add side-lying hip/core/glutes Begin WB calf raises No weight bearing with flexion >90°
<i>PHASE III</i> 8-12 weeks	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> 12-20 weeks	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 20 wks once cleared by MD

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