



# Town Center

## ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

### **REHABILITATION FOR PATELLAR TENDON REPAIR**

#### **Week 0-1 (Immediate Post-op)**

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-30 degrees
4. Quad sets in brace locked in extension
5. SLR w/assist
6. Modalities to reduce swelling

#### **1-2 Weeks from Surgery (2-3 visits per week)**

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs, ankle pumps
3. PROM 0-60 degrees; wall slides (0-30 degrees) supine; AROM for flexion
4. Quad sets in brace locked in extension
5. Short arc quads (SAQ) 0-20 degrees
6. E-stim, isometric 15-20 degrees
7. Modalities to reduce swelling

#### **2-4 Weeks from Surgery (progress from top to bottom)**

1. WBAT (Brace locked in extension) w/crutches
2. Patellar mobs prn
3. AROM 0-90 degrees, PROM for flexion 0-60 degrees
4. Wall slides supine to equal degree of AROM (flexion)
5. SAQ 0-30 degrees
6. E-stim
7. Hydrotherapy for ROM prn
8. Modalities to reduce swelling

#### **4-6 Weeks from Surgery**

1. WBAT (Brace locked in extension)

Orthopaedic and Reconstructive Surgery • Sports Medicine • Arthroscopic Surgery • Spine Surgery  
Hand/Wrist & Upper Extremity Surgery • Foot/Ankle & Lower Extremity Surgery • Physical Medicine & Rehabilitation

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2. Patellar mobses prn
3. PROM & AROM (0-90 degrees)  $\pm$  supine wall slides
4. SAQ 0-45 degrees
5. Bike no resistance & seat up high 20 min, lower seat as tolerated
6. Modalities to reduce swelling; scar massage

### **6-8 Weeks from Surgery**

1. WBAT (Brace locked in extension)
2. AROM/PROM 0-120 degrees
3. Patellar mobses prn
4. E-stim D/C if isometric max volitional contraction is 80% of the MVC of uninvolved leg (20-45 degrees)
5. Increase exercises: Squats (1/4-1/2), bike w/resistance, stair master (short step height, increase as tolerated), leg press, step ups.
6. Modalities to reduce swelling; scar massage

### **8-12 Weeks from Surgery**

1. Work toward full AROM/PROM
2. D/C brace
3. E-stim prn
4. Patellar mobses
5. Therapeutic exercise increased
6. Modalities to reduce swelling; scar massage
7. Home exercise program instructions

### **12-16 Weeks from Surgery**

1. Therapeutic exercises increased
2. Run if 90% ROM, 80% strength