

1900 Lafayette Road  
Portsmouth, NH  
(603) 431-1121



16 Hospital Drive  
York, ME  
(207) 363-3490

**Tyler P. Welch, M.D., FAAOS**  
**www.SeacoastSportsSurgeon.com**

## **REHABILITATION PROTOCOL – PATELLAR TENDON REPAIR**

### **Phase I (0-2 weeks)**

Weight Bearing: As tolerated with crutches and brace locked in extension

Brace: Locked in extension for sleeping and all activity (off for PT)

ROM: 0-45° when not ambulating

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); Open 0-60° @ Week 6

Passive, AA 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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