

**Patellar Tendon Repair Protocol**

	<b>Weight-baring</b>	<b>Brace</b>	<b>Range of Motion</b>	<b>Exercises</b>
<b>Phase 1</b> 0-2 weeks	As tolerated in brace locked in extension with crutches	Locked in full extension at all times including sleeping in activity Off for hygiene and exercises	0- 30° when NWB <b>VS</b> conservative protocol if checked below	Calf pumps, quadriceps tightening sets and SLR in brace, heel slides and patellar mobilization out of brace, modalities
<b>Phase 2</b> 2-8 weeks	As tolerated in brace	<b>2-4 weeks:</b> Locked in full extension at all times <b>4-6 weeks:</b> Off at night; locked in full extension during day <b>6-7 weeks:</b> Unlocked 0-45° <b>7-8 weeks:</b> Unlocked 0- 60°	<b>2-3 weeks:</b> 0-60° <b>3-4 weeks:</b> 0-90°	Progress non-weight-bearing flexibility Begin side-lying core, hip and gluteal strengthening No weight-bearing with flexion greater than 90°
<b>Phase 3</b> 8-12 weeks	Full	None	Full	Progress closed chain quadriceps strengthening, progress balance, core/pelvic and stability work, lunges, and leg press to 90° Begin stationary bike under PT supervision
<b>Phase 4</b> 3-5 months	Full	None	Full	Glutes/ pelvic stability/core + closed-chain quad program Swimming permitted at 12 weeks Advance to sport specific drills and impact activity after 5 months when cleared by M.D.

**Conservative ROM:** 0 degrees x2 weeks, 0-30 after 2 weeks, 0-60 after 4 weeks, 0-90 after 6 weeks

