



Dr. Joshua Alpert  
 Post-Operative Rehabilitation Protocol:  
 Knee - Patellar Tendon Repair

	<b>Range of Motion</b>	<b>Brace</b>	<b>Exercise</b>
<b>PHASE I</b> 0-2 weeks  WBAT with crutches and brace	<b>0-2 weeks:</b> 0°-45° when non-weight bearing	Locked in full extension for sleeping and all activity  Off for exercises and hygiene	Heel slides, quad sets, patellar mobs, SLR, calf pumps
<b>PHASE II</b> 2-8 weeks  FWB while in brace	<b>2-3 weeks:</b> 0°-60°  <b>3-4 weeks:</b> 0°-90°  <b>4-8 weeks:</b> progress slowly as tolerated - refer to oPT Rx for restrictions	<b>2-4 weeks:</b> locked in full extension day and night  <b>4-6 weeks:</b> off at night; locked in full extension daytime  <b>6-7 weeks:</b> 0°-45°  <b>7-8 weeks:</b> 0°-60°  Discontinue brace at 8 weeks	Advance phase 1 exercises  Add side-lying hip/core/glutes  Begin WB calf raises  <b>No weight bearing with flexion &gt;90°</b>
<b>PHASE III</b> 8-12 weeks  FWB	Full	None	Progress closed chain activities  Begin hamstring work, lunges/leg press 0°-90°, proprioception exercises, balance/core/hip/glutes  Begin stationary bike when able

<b>PHASE IV</b> 12-20 weeks  FWB	Full	None	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
---	------	------	---

\*\*restrictions, brace settings, and WB status may differ depending on the exact procedure. Please refer to PT Rx provided for additional restrictions.

Fox Valley Orthopedics  
420 W. Northwest Highway  
Barrington, IL 60010  
847.382.6766

Fox Valley Orthopedics  
1710 Randall Road  
Elgin, IL 60123  
224.293.1170