



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

<p><b>PHASE IV</b> 12-20 weeks</p> <p>FWB</p>	<p>Full</p>	<p>None</p>	<p>Progress phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike</p> <p>Swimming okay at 12 wks</p> <p>Advance to sport-specific drills and running/jumping after 20 wks once cleared by MD</p>
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\*\*restrictions, brace settings, and WB status may differ depending on the exact procedure. Please refer to PT Rx provided for additional restrictions.

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