Jumper's Knee Repair (Patella Tendon Debridement and Repair) Physical Therapy Protocol

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Patient Name: _____   **Date of Surgery:** _____

Procedure: Right / Left Patella Tendon Debridement and Repair
- Allograft augmentation (Checked if performed)

Frequency: 2x per week for _____weeks

Phase I (0-2 weeks): *Period of protection*
- **Weightbearing:** As tolerated with crutches, locked in extension.
- **Brace:** Locked in extension during all weight bearing activities and during sleep. May be unlocked for ROM as detailed below.
- **ROM:**
  o Full, as tolerated
- **Therapeutic exercises**:
  o Heel slides, quad sets, patellar mobilizations

Phase II (2-6 weeks):
- **Weightbearing/Brace:**
  o 2-4 weeks: As tolerated, locked in extension during ambulation. Wean from crutches.
  o 4-6 weeks: Full, brace unlocked and then discontinued.
- **ROM:** Advanced as tolerated. Goal 0-135° by weeks 4 weeks.
- **Therapeutic exercises**:
  o All exercises in brace until 4 weeks, then out of brace
  o Addition of heel raises, total gym (closed chain), terminal knee extensions

Phase III (6-12 weeks): *Advanced strengthening***.**
- **Weightbearing:** Full.
- **ROM:** Full.
- **Therapeutic exercises**:
  o Progress closed chain activities

- Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes
- Initiate stationary bike

Phase IV (12-20 weeks): *Advanced strengthening.*
- **Weightbearing:** Full.
- **ROM:** Full.
- **Therapeutic exercises**:
    - Progress functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical
    - Swimming
    - Initiate Jogging Protocol
    - Jumping and sport specific drills once cleared by MD