

Patella Tendon Reconstruction Physical Therapy Protocol

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Patient Name: _____

Date of Surgery: _____

Procedure: Right / Left Patella Tendon Reconstruction

Frequency: 2x per week for _____ weeks

Phase I (0-6 weeks): *Period of protection (PT to initiate at 4wks post op)*

- **Weightbearing:** Non-weight bearing (NWB) for two weeks. As tolerated with crutches, locked in extension between 2-6 weeks.
- **Brace:** Locked in extension during all weight bearing activities and during sleep. May be unlocked for PROM as detailed below.
- **ROM:**
 - No active extension or forced passive flexion.
 - All ROM should be non-weightbearing (NWB) and with the brace on following this progression:
 - 0-4wks: Brace locked at 0°
 - 4-5wks: Brace unlocked from 0-30°
 - 5-6wks: Brace unlocked from 0-60°
 - 6-7wks: Brace unlocked from 0-90°
- **Therapeutic exercises:**
 - Hip/ankle ROM exercises 2-3x/day
- **Restrictions:** No quadriceps strengthening

Phase II (6-12 weeks): *Initiate regular, supervised strengthening and wean from the brace*

- **Weightbearing:** As tolerated. Wean from crutches.
- **Brace:** Fully unlocked. May discontinue at 8 weeks if ambulating with a normal gait and can perform SLR without an extension lag.
- **ROM:** Advanced as tolerated. Goal 0-130° by weeks 12.
- **Therapeutic exercises:**
 - Initiate isometric quad sets
 - SLRs
 - Progress to closed chain strengthening (no open chain) once out of the brace

Phase III (3-6 months): *Advanced strengthening.*

- **Rehabilitation Goals:** Return to activities.
- **Weightbearing:** Full.
- **ROM:** Full.
- **Therapeutic exercises:**
 - As above plus:
 - Advance strengthening as tolerated with closed chain exercises
 - 6 months:
 - Jogging and progress to agility training
 - Sports specific rehab as tolerated
 - 7 months:
 - Wean patient from formal therapy and encourage independent home program