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Patellar Tendon Repair Rehab Protocol

	X = Perform exercise	We	ek												
	Initial Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Range of	Flexion/Extension - wall slides	Х	Х	Χ	Χ	Χ	Χ	Χ	Х						
Motion	Flexion/Extension – seated	Х	Х	Χ	Χ	Χ	Χ	Χ	Х						
	Patella/Tendon mobilization	Х	Х	Χ	Χ	Χ	Χ	Χ	Χ						
0-30° weeks 0-2 0-60° weeks 2-4 0-90° weeks 4-6 Full ROM after	Extension mobilization	Х	Х	Χ	Χ	Χ	Χ	Χ	Х						
	Quad series	Х	Х	Χ	Х	Χ	Х	Χ	Х						
	Hamstring sets	X	Х	Χ	Χ	Χ	Χ	Χ	Χ						
	Sit and reach for hamstrings - gentle	X	Χ	Χ	Χ	Χ	Χ	Χ	Χ						
	Ankle pumps	X	Х	Х	Χ	Χ	Χ	Χ	Χ	Χ					
	Toe and heel raises						Χ	Χ	Χ	Χ					
Brace Settings (while not in PT)	Balance series						Χ	Х	Χ	Χ	Χ	Χ	Х	Χ	Х
	Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Bike/Rowing with well leg	Х	Х	Х	Χ	Х	Χ	Χ	Х						
Locked in full extension X 6 weeks	Bike with both legs – no resistance							Χ	Χ	Χ					
	Bike with both legs - resistance									X	Χ	Х	Χ	Χ	Х
	Aquajogging								Χ	X	X	X	X	X	X
	Treadmill – walking 7% incline								X	X	X	X	X	X	X
	Swimming with fins											X	X	X	X
	Elliptical trainer											X	X	Х	Х
Weight Bearing Status	Rowing											X	X	X	X
	Stair stepper											,	X	X	X
TDWB x 6 weeks	Weight Bearing Strength	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Double knee bends											Χ	Χ	Х	
	Double leg bridges											Χ	Χ	Χ	
	Reverse lunge – static hold											Χ	Χ	Χ	
	Beginning cord exercises											Χ	Χ	Χ	
	Balance squats												X	X	Х
TIME LINES	Single leg deadlift												Χ	Χ	Х
	Leg press												Χ	Χ	Х
Week 1(Day 1-7) Week 2(Day 8-14) Week 3(Day 15-21) Week 4(Day 22-28)	Sports Test exercises												Х	Χ	Х
	Agility Exercises	1	2	3	4	5	6	7	8	9	10	12	16	20	24
	Running progression													Χ	Х
	Initial – single plane													Χ	Х
	Advance – multi directional														Х
	Functional sports test														Х
	High Level Activities	1	2	3	4	5	6	7	8	9	10	12	16	24	28
	Golf													Χ	Х
	Outdoor biking, hiking													Χ	Х
	Skiing, basketball, tennis, football,														Х
	Leocor	1	1	1	1	1	1	1	1	1	1	1	1	i	i .