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**PATELLA TENDON REPAIR REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> (0-2 weeks)	WBAT with crutches and brace*	Locked in extension, worn at all times (including sleeping).  May remove for hygiene.	<b>0-2 weeks:</b> no ROM	quad sets, ankle pumps in brace
<b>PHASE II</b> (2-8 weeks)	WBAT with crutches and brace	<b>2-6 weeks:</b> locked in full extension day and night <b>6-8 weeks:</b> off at night; locked in full extension daytime <b>D/C brace at 8 weeks</b>  May remove for hygiene and exercise	<b>2-6 weeks:</b> PROM 0-45 degrees  <b>6+ weeks:</b> progress PROM as tolerated	Advance Phase 1.  Add sidelying core/hip/glutes  Begin weight bearing calf raises
<b>PHASE III</b> (8-12 weeks)	FWB	NA	Full ROM	Progress closed chain activities. Begin hamstring work, lunges & leg press 0-90 degrees; balance exercises/core/glutes. Stationary bike as able
<b>PHASE IV</b> (12-20 weeks)	FWB	NA	Full ROM	Progress functional activities, SLS, eccentric hamstrings, bike **

\*Weight bearing status many vary. Please confirm with surgeon.

\*\*Swimming ok at 12 weeks. Progress to sport-specific drills, running/jumping at 20 weeks/once cleared by surgeon.