



## Patellar Tendon Repair Protocol

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### **Week 0-2:**

Restrictions: No weight on a flexed knee or stairs  
Weight bearing: WBAT with immobilizer locking knee in full extension and crutches  
Motion: ROM 0-60, quad sets, passive knee flexion, ankle pumps  
CPM if used: 0-40  
Strength: None at this time

### **Weeks 3-6:**

Restrictions: No SLR, weight on a flexed knee, or active extension exercises  
Weight bearing: WBAT with immobilizer locking knee in full extension and crutches  
Motion: ROM 0-90, quad sets, active knee flexion, side leg lifts, toe raises  
Strength: None

### **Weeks 7-12:**

Restrictions: Avoid full WB on stairs and patellofemoral overload, limit closed- and open-chain knee extension arc to 0-30  
Weight bearing: FWB, wean immobilizer if quad strong enough  
Motion: Progressive active and gradual passive knee flexion, active stretching all uninvolved muscle groups  
Strength: Progressive leg lifts, progress to ankle weight PRE, wall slides, partial squats walking

### **Months 3-4:**

Restrictions: Avoid jumping, step up stairs gradually  
Motion: Full ROM and stretching of all muscle groups  
Strength: Progress, step-up-downs progress, gentle inclines incorporated into walking

### **Months 4-5:**

Full ROM and stretching of all muscle groups, avoid patellofemoral overload, step down stairs gradually, begin walk/jog progression

### **Months 5-6:**

Progressive running and agilities, jump training after 24 weeks post-op

### **Months 6+:**

Return to sport after cleared by surgeon