



Patellar Tendon Repair Rehabilitation Protocol

Phase I (0–6 Weeks)

- Protect repair
- Control pain swelling
- Maintain hip ankle mobility
- Full extension
- Brace locked
- WBAT brace locked
- No active extension
- Flexion \leq 30 then to 90
- Cryotherapy
- Quad sets NMES
- SLR brace
- PROM within limits

Phase II (6–10 Weeks)

- Restore ROM
- Begin strengthening
- Normalize gait
- Brace unlock gradual
- No resisted extension
- No running
- AAROM
- Bike
- Gait training
- Quad progress

Phase III (10–16 Weeks)

- Full ROM
- Improve quad
- Neuromuscular control



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- No plyo
- Strength bands weights
- Mini squats
- Step ups
- Balance
- Elliptical

Phase IV (4–6 Months)

- Build strength
- Progress activity
- No pivot
- Leg press
- Lunges
- Single leg
- Proprioception
- Light plyo

Phase V (6+ Months)

- Return to sport
- Full strength
- Clearance required
- Plyometrics
- Agility
- Running
- Sport drills

Key Rehab Considerations

- Brace protection early
- No active extension until ~8 weeks
- Gradual flexion progression
- Return to sport after clearance