



## POST OP Patellar Tendon Repair

### Week 1-6:

Knee Immobilizer in full extension at all times (Allowed toe-touch weight bearing)  
Isometric quad and hamstring strengthening.

### Week 6-8:

Begin gradual ROM (Active flexion and passive extension).  
Start 0-45°  
Advance 20-30° per week  
Minimal goals (flexion): Week 6: 45° at Week 8: 90°  
Advance progressive weight bearing to full by Week 6.

### Week 8-12:

Supervised isokinetic strengthening program once demonstrates ambulation with good quad control.  
Flexion goal: week 12: Full ROM  
\*\*May begin full activity when patient has full ROM and 85-90% strength compared to opposite leg (isokinetic testing).  
\*\*Usually 4-6 months.

Frequency:  1x/wk  2x/wk  3x/wk.  4x/wk.  5x/wk.

Duration:  1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks