



Rehabilitation Protocol: Patellar Tendon Rupture

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: Immobilization and Rehabilitation (4-13 days)

- **Goals**
 - Control pain and inflammation
 - Maintain patellar mobility
 - Maintain hamstring strength of the ipsilateral leg and lower extremity strength of the contralateral leg
 - Active knee flexion to 45° and passive knee extension to 0°
- **Intervention:**
 - Crutch training with toe-touch weight-bearing
 - Ice and elevation
 - Isometric ipsilateral hamstring exercise, contralateral LE strengthening
 - Gentle medial/lateral patellar mobilization (~25%)
 - AROM, AAROM and PROM
 - Hinged knee brace locked in extension

Phase II: Immobilization and Rehabilitation (2-4 weeks)

- **Goals**
 - Control pain and inflammation
 - Begin weight-bearing
 - Maintain patellar mobility
 - Active flexion to 90° and passive knee extension to 0°
 - Maintain ipsilateral hamstring and contralateral LE strength
 - Begin ipsilateral quadriceps retraining
- **Intervention**
 - Crutch training with partial weight-bearing (25-50%)
 - Ice and elevation
 - Isometric ipsilateral hamstring exercise, contralateral LE strengthening
 - Gentle medial/lateral patellar mobilization (~25%)
 - AROM, AAROM and PROM
 - Hinged knee brace locked in extension
 - Ipsilateral quadriceps sets (NO straight leg raises)

Phase III: Immobilization and Rehabilitation (4-6 weeks)

- **Goals**
 - Control pain and inflammation
 - Progress weight-bearing (possibly discontinue crutch use)
 - Active flexion progressed as tolerated and passive extension to 0°
 - Maintain patellar mobility
 - Maintain ipsilateral hamstring and contralateral LE strength
 - Continue ipsilateral quadriceps retraining
- **Intervention**
 - Progress to weight-bearing as tolerated, may discontinue crutch use if good quadriceps control is acquired
 - Gait training

- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~25%)
- AROM, AAROM and PROM
- Hinged knee brace locked in extension
- Ipsilateral quadriceps sets (NO straight leg raises)

Phase IV: Immobilization and Rehabilitation (6-12 weeks)

• **Goals**

- Control pain and inflammation
- Progress to full active ROM
- Maintain patellar mobility
- Maintain ipsilateral hamstring and contralateral LE strength
- Continue ipsilateral quadriceps retraining

• **Intervention**

- Weight-bearing as tolerated
- Gait training
- Hinged knee brace locked in extension until good quadriceps control and normal gait are obtained
- Ice and elevation
- Isometric ipsilateral hamstring exercise, contralateral LE strengthening
- Gentle medial/lateral patellar mobilization (~50%)
- AROM
- Ipsilateral quadriceps strengthening (straight leg raises without resistance and stationary cycling at 8 weeks)

Phase V: Rehabilitation (12-16 weeks)

• **Goals**

- Complete weight-bearing
- Progress ipsilateral quadriceps strength
- Begin neuromuscular retraining

• **Intervention**

- Gait Training
- No immobilization
- Ipsilateral quadriceps strengthening
- Proprioception and balance activities (including single leg support)

Phase VI: Rehabilitation (16-24 weeks)

• **Goals**

- Begin running
- Sport/job specific training

• **Intervention**

- Progress program as listed for Phase IV, with sport or job specific training

Phase VII: Rehabilitation (> 6 months)

- May begin jumping and contact sports when ipsilateral strength is 85-90% of contralateral extremity



Comments:

Frequency: _____ times per week

Duration: _____ weeks

Signature: _____

Date: _____