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Physical Therapy following Patellar Tendon Debridement

The following is a basic framework from which to work during rehabilitation patellar tendon debridement. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

	Weight Bearing	Brace	Range of Motion	Exercises
Phase I 0-2 weeks	Full WBAT, brace locked in extension	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	Full as tolerated	Heel slides, quad sets, patellar mobilization, SLR, SAQ
Phase II 2-6 weeks	2-4 weeks: As per patient's PT Rx 4-6 weeks: Full without brace	None**	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities with brace until 2 weeks, then without brace as tolerated
Phase III 6-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able

*Brace, if one was prescribed, may be removed for sleeping after first postoperative visit (7-10 days)

**Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

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	Weight Bearing	Brace	Range of Motion	Exercises
Phase IV 12-20 weeks	Full	None	Full	<p>Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike</p> <p>Swimming okay at 12 weeks</p> <p>Advance to sport-specific drills and running/jumping after 16 weeks once cleared by Dr. Brusalis</p>