

**Christopher M. Brusalis, MD**  
Phone: (516)-743-3036  
Fax: (516)-743-3576  
Email: [DrBrusalisOffice@hss.edu](mailto:DrBrusalisOffice@hss.edu)  
Website: [www.BrusalisMD.com](http://www.BrusalisMD.com)



## **Physical Therapy following Patellar Tendon Repair**

The following is a basic framework from which to work during rehabilitation following a patellar tendon repair. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

### **Post-op - 6 wks:**

- Weightbearing as tolerated, brace locked in extension at all times except with therapy
- Range of motion:
  - Weeks 0-2: 0-30°
  - Weeks 2-4: 0-60°
  - Weeks 4-6: 0-90°
- Patella mobilization
- Straight leg raises (supine with brace locked at 0°)
- Quad sets
- Ankle pumps

### **6 -12 wks post-op:**

- Unlock brace for ambulating. Wean from brace as tolerated.
- May discontinue crutches when gait is normalized.
- Normalize range of motion. No limitations.
- Begin short crank ergometry and progress to standar (170mm) ergometry
  - (provided that knee range-of-motion > 115°)
- Advance quad strengthening
- Mini squats/Weight shift

### **3-6 months:**

- Normal gait, weight-bearing as tolerated with no assist
- Full, normal range of motion
- Leg press, squats
- Initiate running/jogging
- Isontonic knee extensions (90-40°, closed chain)
- Agility exercises (sport cord)
- Versaclimber/Nordic Track
- Normalize quad strength