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## Partial Patellar Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b>  Goals: <ul style="list-style-type: none"><li>• Edema and pain control</li><li>• Eliminate effusion</li></ul>	Knee brace locked in extension while walking  Full weightbearing with brace and crutches  may unlock 0-90 while sitting	<ul style="list-style-type: none"><li>• Avoid open chain extension</li><li>• Begin PROM 0 – 90 deg immediately</li><li>• Patellar mobilization all directions</li></ul> Modalities: <ul style="list-style-type: none"><li>• NMES if unable to perform SLR without lag</li><li>• Cryocuff/Game Ready Compression/ Ice</li></ul>	<ul style="list-style-type: none"><li>• Extension: heel prop, prone hang</li><li>• Long sitting HS stretch</li><li>• Quad sets, glut sets</li><li>• SLR x4 with assist until no lag</li><li>• Ankle pumps</li><li>• Calf raises on leg press</li><li>• Gait training on flat TM</li></ul>
<b>Phase 2 (2-6 weeks)</b>  Goals: <ul style="list-style-type: none"><li>• No effusion</li><li>• Increase ROM</li><li>• Normalize gait</li></ul>	<u>2-4 weeks</u> : May unlock 0-45 with PT <u>4-6 weeks</u> : full WB brace fully unlocked	<ul style="list-style-type: none"><li>• Begin A/ PROM as tolerated with therapy 0-45 for weeks 2-4, then unlock after</li></ul> Modalities: <ul style="list-style-type: none"><li>• Scar STM when incision healed</li><li>• Patellar mobs all directions</li><li>• Gentle prone quad stretch/knee flex</li></ul>	<ul style="list-style-type: none"><li>• Heel slides/wall slides/seated assist flexion</li><li>• Lateral band stepping after 4 weeks</li><li>• LE stretching: HS, quads, ITB, piriformis (pain free)</li><li>• Quad sets/glut sets, clams/mini-hydrants/glut pushes</li><li>• Calf raises on leg press</li><li>• Single leg press</li><li>• Standing TKEs</li><li>• Gait training- when gait WNL, progress to reverse incline</li><li>• Lateral walks with sport cord</li><li>• Abductor strengthening</li></ul>

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<p><b>Phase 3 (6-10 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>● Full ROM</li><li>● Normalize ADLs</li><li>● Begin strength</li></ul>	<p>Wean fully out of brace by week 6</p> <p>Full ROM</p>	<p>● Full A/PROM</p> <p>Manual:</p> <ul style="list-style-type: none"><li>● Joint mobs PRN for full flex and ext ROM</li><li>● Patellar mobs/ Scar STM with extractor</li></ul> <p>Modalities:</p> <ul style="list-style-type: none"><li>● Ice/stim PRN</li></ul>	<ul style="list-style-type: none"><li>● Begin bike, elliptical, stair master with low resistance</li><li>● Step ups/lateral step over's- progress to faster pace</li><li>● Lateral walks with sport cord</li><li>● SLS dynamic surfaces</li><li>● Hamstring curls</li><li>● Mini squats</li><li>● Planks</li><li>● Continue glute/quad/core</li></ul>
<p><b>Phase 4 (10+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>● Jogging without pain/swelling</li><li>● SL jump w/o difficulty</li></ul>		<ul style="list-style-type: none"><li>● Full A/PROM</li></ul>	<ul style="list-style-type: none"><li>● Continue everything in phase 3</li><li>● Walk/jog progression</li><li>● Advanced closed chain exercises</li><li>● Jogging patterns at 50-75% speed</li><li>● 3 months: begin jumping, progress running</li><li>● advance to sprint, backward running, incorporate cutting/change of direction, plyo program</li><li>● Muscular power – squads, split jumps, sled drags</li><li>● Gym program activities</li><li>● Sport-related strengthening</li></ul>