



Post-Operative Rehabilitation Guidelines: Patella Tendon Repair

Phase I: Weeks 0-2

1. **Weight bearing** as tolerated with crutches and brace
2. **Brace** locked in full extension for activity and sleeping; brace off for hygiene
3. **ROM Goals:** 0-30° only when not in brace (restricted for incision healing)
4. **Home exercises** – heel slides, quad sets, patellar mobilization, straight leg raise, calf/ankle pumps

Phase II: Weeks 2-8

1. **Full** weight bearing while in brace with crutches
2. **Brace** locked in full extension day and night; brace off for hygiene
3. **ROM Goals:** 0-30° only when not in brace → weeks 6-7: 0-45° → weeks 7-8: 0-60°
4. **Exercises** – advance phase I exercises **PLUS** initiate side-lying hip/core/glutes, and weightbearing calf raises
 - a. **NO** weight bearing with knee flexion >90°
 - b. Patellar scar tissue mobilization

Phase III: Weeks 8-12

1. **Full** weight bearing without brace; **discontinue** brace/crutches
2. **ROM Goals:** weeks 8-10: 0-90° → weeks 10-12: 0-120°
3. **Exercises** – advance phase II exercises **PLUS** initiate hamstring work, lunges/leg press 0-90°, proprioception, balance/core/hip/glutes, stationary biking
 - a. Patellar scar tissue mobilization

Phase IV: Weeks 12-20

1. **Full** weight bearing without brace/crutches
2. **ROM Goals:** full ROM
3. **Exercises** – advance phase III exercises and functional activities: single leg balance work, core/glutes, eccentric hamstrings, elliptical, stationary bike and swimming
 - a. Advance to sport-specific drills and running/jumping after 20 weeks once cleared by MD

Important Information

- *Office Hours:* Monday – Friday; 7:30am – 4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | nhopa@rushortho.com

We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.