

Patellar Tendon Repair

DOB: _____

DOS: _____

		Weeks from surgery										
		ROM & Muscle Initiation										
ROM RESTRICTIONS	1	2	3	4	5	6	7-8	9-14+	15-20+	21-26+	27-30+	
	Flexion/Extension – Wall slide											
	Flexion/Ext – seated/calf assisted											
	Patella/Tendon mobilization											
	Extension mobilization (no hyperext)											
	Quad sets											
	Hamstring sets											
	Terminal knee extension, Straight leg raise (when no quad lag)											
	Ankle pumps											
Bike with no resistance												
BRACE SETTINGS	Progress to Endurance: ROM >125°, Quad set that terminally extends the knee											
	Muscular Endurance 3 x 15, 45s rest								9-14+			
	Lateral band stepping											
	Single leg leg press											
	Squat progression											
	RDL											
	Tuck squat											
	Progress to strength: 15+ weeks & Quad index >70%, Y balance anterior reach <8cm side to side difference											
	Muscular Strength 3 x 10 120s rest									15-20+		
Lateral band stepping												
Single leg leg press												
Hex bar squat												
Kettlebell deadlift												
Elevated split squat												
Weight Bearing status	Progress to power: 21+ weeks & Quad index >90%, Hamstring index >90%, Y balance anterior reach <4cm side to side difference											
	Muscular Power 3 x 6, 180s rest										21-26+	
	Front squat											
	Barbell deadlift											
	Split jumps											
	Sled drags											
	Progress to running: 27+ weeks & Triple hop distance >90% of unaffected side											
	Running, Speed & Agility											27-30+
	Running progression											
Ladder footwork drills												
Forward & backward cone drills												
Lateral cone drills												
NWB x 6 weeks	High Level Activities											
	Golf, outdoor biking										21-26+	
	Clearance for other activities made by Dr Cinque and based on different factors including passing the included progression criteria											