

**Patellar Tendon
Debridement
with Repair**

Post-op protocol for
Mathew Taylor, M.D.



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| Brace: | | <ul style="list-style-type: none"> • Immediate: WBAT with immobilizer / brace locked • Progress out of brace as timeline and quad control improves |
| Phase I: A/P ROM | Week 2-3 | <ul style="list-style-type: none"> • Ok to remove brace for sleeping • OK to unlock brace to get into car • WBAT brace locked straight • NWB ROM heel slides <ul style="list-style-type: none"> Week 0/1: 0-45 Active flexion with passive extension (ok to engage some active extension if not painful) Week 2/3: 0-90, ok to push beyond as pain allows • Continue patellar mobs, quad sets • SLR in brace as comfort allows |
| Phase II: Ambulation | Week 4-5 | <ul style="list-style-type: none"> • Continue patellar mobs, quad sets • Full PROM • SLR out of brace • Stationary bike • WBAT with brace unlocked <ul style="list-style-type: none"> Week 4: 0-45 unlocked Week 5: 0-90 unlocked (d/c as pain allows) |
| Return to activities: | 4 weeks | Stationary bike |
| | 5 weeks | Ambulation without brace |
| | 6-8 weeks | Increase bike resistance / Elliptical as pain allows |
| | 3 months | Begin running program |
| | 4-6 months | Return to sport program |

Special Notes: