

Sports Injury and Joint Replacement Surgery for the Hip and Knee

PATELLA TENDON RECONSTRUCTION REHABILITATION PROTOCOL

Phase I: Weeks 0 - 3

- Hinged knee brace locked in extension at all times (may remove for hygiene purposes)
- Non weight bearing with crutches
- Quadriceps isometric sets in full extension
- Hip abduction straight leg raises
- Ankle ROM and gastoc-soleus strengthening with tubing/therabands

Phase II: Weeks 4 - 6

- Continue hinged brace locked in extension for ambulation, may remove/unlock for therapy
- Partial weight bearing with knee in brace in full extension
- Begin passive knee extension; active knee flexion 30°
- Continue previous exercises
- Patella mobilization
- Isometric straight leg raises with brace locked in extension
- Isometric hamstring strengthening

Phase III: Weeks 7 - 9

- Continue hinged brace locked in extension for ambulation, may remove/unlock for therapy
- Full weight bearing with knee in brace in full extension
- Begin passive knee extension; active knee flexion 60°
- Continue previous exercises
- Patella mobilization
- Isometric straight leg raises with brace locked in extension
- Isometric hamstring strengthening

Phase IV: Weeks 9 - 12

- May start to unlock brace with ambulation; begin with flexion locked @ 30°, then advance 10°/week as quadriceps control increases
- Continue previous exercises
- Begin active knee extension
- Advance active knee flexion to 90°
- Stationary bicycle, start with no resistance and low knee flexion angle, and then may slowly advance
- At week 10, may begin treadmill walking program

Phase V: Weeks 12 - 16

- Ambulation with brace fully unlocked, then wean out of brace as tolerated
- Advance active knee flexion to 120°

Phase VI: Weeks 17 - 26

- Continue previous exercises
- Full active knee ROM Begin progressive resistive exercises, avoid open chain and terminal resisted knee extension
- Begin elliptical trainer
- May start light jogging
- Proprioception and balancing exercises

Phase VII: Months 6+

- Maintain full knee range of motion
- Continue previous exercises
- Advance cycling, jogging
- Progressive strengthening, plyometric and agility training
- Maintain strength, agility and proprioception



Dr George Awwad

MBBS, FRACS (ORTH), FA ORTH A

Orthopaedic Surgeon

APPOINTMENTS AND ENQUIRIES

P 08 8267 8243 E awwadadmin@orthosa.com.au

W www.drgeorgeawwad.com.au

Ask **Dr Awwad** to clarify your restrictions prior to surgery to avoid disappointment.