

POST OPERATIVE PROTOCOL

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 gastroc-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 mobilisation
- 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 wear 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



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