



The Orthopaedic & Fracture Clinic

Patella Tendon Repair Progression

Phase I (0 – Two Weeks Post Op)

- PROM 0 to 30 degrees.
- Heel prop for passive knee extension ROM.
- Ankle pumping.

Phase II (Two – Four Weeks Post Op)

- PROM 0 to 60 degrees.
- Heel prop for passive knee extension ROM.
- Submaximal quadriceps isometric exercise (25% of maximal contraction capabilities).

Phase III (Four – Six Weeks Post Op)

- PROM 0 to 90 degrees.
- Quad sets submaximal isometrics.
- Passive knee extension ROM.

Phase IV (6 – 12 Weeks Post Op)

- 0 to 135 degrees AROM.
- Begin straight leg raising four directions.
- Continue isometric quad sets.
- Eight weeks post op begin stationary biking.

Phase V (12 – 16 Weeks Post Op)

- Advance to total leg strengthening exercises.

Phase VI (16 – 24 Weeks Post Op)

- May begin running.