

# Patellar Tendon Repair

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## General

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Weight-bearing as tolerated in brace

Brace locked in extension for 6 weeks

Stitches assessed and removed in clinic within 7-14 days

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## Weeks 0-6

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No rehab

Brace or splint in full extension

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## Weeks 6-8

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Passive full extension

Active flexion to 45 degrees in brace

Prone hangs

Ankle pumps

Achilles and calf stretching

Modalities as necessary to decrease swelling

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## Weeks 8-10

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Continue previous exercises

Active flexion from 45-90 degrees in brace

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## Weeks 10-12

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Zero resistance straight leg raises

Patellar mobilization

Discontinue brace

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## Weeks 12-16

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Begin gradual quadriceps strengthening

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## Week 16-20

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Single knee bends

Leg curls with no hyperextension

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## Week 20

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Return to run program = elliptical → treadmill → outdoor running

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## Week 24

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Sport-specific training with gradual return to agility exercises

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