



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

PATELLAR TENDON EXCISION (JUMPER'S KNEE) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full in Brace locked in extension	Locked in full extension for sleeping and all activity* Off for exercises and hygiene	Full as tolerated	Heel slides, quad sets, patellar mobs, SLR, SAQ
PHASE II 2-6 weeks	2-4 weeks: As per patient's PT Rx** 4-6 weeks: Full w/o brace	None**	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions Activities w/ brace until 2 weeks; then w/o brace as tolerated
PHASE III 6-12 weeks	Full	None	Full	Progress closed chain activities Begin hamstring work, lunges/leg press 0-90°, proprioception exercises, balance/core/hip/glutes Begin stationary bike when able
PHASE IV 12-20 weeks	Full	None	Full	Progress Phase III exercises and functional activities: single leg balance, core, glutes, eccentric hamstrings, elliptical, and bike Swimming okay at 12 wks Advance to sport-specific drills and running/jumping after 16 wks once cleared by MD

*Brace, if one was prescribed, may be removed for sleeping after first post-operative visit (day 7-10)

**Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.

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Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____