

**Patellar Tendon
Debridement
with Repair**



Post-op protocol for ***Daniel Myer, M.D.***

Brace:		<ul style="list-style-type: none"> • Immediate: WBAT with immobilizer / brace locked • Progress out of brace as timeline and quad control improves
Phase I: A/P ROM	Week 2-3	<ul style="list-style-type: none"> • Ok to remove brace for sleeping • OK to unlock brace to get into car • WBAT brace locked straight • NWB ROM heel slides <ul style="list-style-type: none"> Week 0/1: 0-45 Active flexion with passive extension (ok to engage some active extension if not painful) Week 2/3: 0-90, ok to push beyond as pain allows • Continue patellar mobs, quad sets • SLR in brace as comfort allows
Phase II: Ambulation	Week 4-5	<ul style="list-style-type: none"> • Continue patellar mobs, quad sets • Full PROM • SLR out of brace • Stationary bike • WBAT with brace unlocked <ul style="list-style-type: none"> Week 4: 0-45 unlocked Week 5: 0-90 unlocked (d/c as pain allows)
Return to activities:	4 weeks	Stationary bike
	5 weeks	Ambulation without brace
	6-8 weeks	Increase bike resistance / Elliptical as pain allows
	3 months	Begin running program
	4-6 months	Return to sport program

Special Notes: