

PATELLAR TENDON EXCISION (JUMPER'S KNEE) REHABILITATION PROTOCOL

	WEIGHT BEARING	BRACE	ROM	EXERCISES
PHASE I 0-2 weeks	Full with brace locked in extension	Locked in full extension for sleeping and all activity Off for exercises and hygiene	0-90 degrees Stress full extension	Heel slides, quad sets, patellar mobs, SLR, SAQ Hip flexor, hamstring, heel cord stretches.
PHASE II 2-6 weeks	2-4 weeks: full with brace unlocked to ambulate as quad strength allows 4-6 weeks: Full w/o brace when adequate quad control	2-4 weeks: unlocked to ambulate as quad strength allows 4-6 weeks: wean out as quad strength allows	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions and quad stretching. Focus on eccentric quad exercises (leg press, total gym, decline slant board) 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 weeks Advance to sport-specific drills and running/jumping after 16 weeks once cleared by MD