



**PHYSICAL THERAPY SECTION  
WILLIAM BEAUMONT ARMY MEDICAL CENTER  
5005 N. PIEDRAS ST  
EL PASO, TEXAS 79920**



**PATELLAR TENDON REPAIR**

*Revised August 2008*

**Post-op Days 1 – 14**

Dressing – POD 1: Debulk dressing, TED Hose in place  
– POD 2: Change dressing, keep wound covered, continue TED Hose  
– POD 7-10: Sutures out, D/C TED Hose when effusion resolved  
Brace x 8 weeks – Locked in extension for ambulation  
Crutches – Partial weight bearing (PWB)  
Patellar mobilization (teach patient)  
Calf pumping  
AAROM 0-45 degrees (passive extension, active flexion, heel slides)  
Passive extension with heel on bolster or prone hangs  
Electrical stimulation – sub-maximal quad sets for muscle re-education  
Quad sets, Co-contractions quads / Hamstrings  
Standing Straight leg raise (SLR) x 4 (in brace)  
Gentle Hamstring stretch  
Ice Pack with knee in full extension after exercise

**Goals**

Full passive extension  
Good quad control  
Pain/effusion controlled

**Weeks 2 – 4**

Brace x 8 weeks – Locked in extension for ambulation  
Crutches – Weight bearing as tolerated (WBAT), D/C when gait is normal  
Continue appropriate previous exercises  
AAROM 0-70 degrees (passive extension, active flexion)  
SLR x 4 on mat (in brace)  
Hamstring curls 0-45 degrees on weight machine with light resistance  
Double leg heel raises  
Proprioceptive training (in brace) – Single leg standing in parallel bars  
– Double leg BAPS for weight shift  
Stretches – Hamstring, ITB

**Goals**

ROM 0-70 degrees  
No extensor lag

**Weeks 4 – 6**

Brace x 8 weeks – Locked at 0-30 degrees for ambulation  
Continue appropriate previous exercises  
AAROM 0-90 degrees (passive extension, active flexion)  
Standing SLR x 4 (in brace) with Theraband bilaterally  
Hamstring curls 0-90 degrees on weight machine with light resistance  
Forward, lateral and retro step downs in parallel bars (in brace 0-45 degrees)  
– No knee flexion past 45 degrees (small step)  
Single leg heel raises (in or out of brace)  
Elliptical trainer (in brace)

**Goals**

Normal gait  
ROM 0-90 degrees

### **Weeks 6 – 8**

Brace x 8 weeks – Gradually open to available range  
Continue appropriate previous exercises  
AAROM, AROM through full range  
Active knee extension without weight (no brace)  
SLR x 4 on mat with light weight below the knee (no brace)  
Leg press 0-60 degrees – Light resistance (no brace)  
Mini squats, Wall squats 0-60 degrees (no brace)  
Proprioceptive training (in brace) – Single leg BAPS, ball toss and body blade  
Stationary bike (no brace) – Progressive resistance and time  
Treadmill – Forwards and backwards walking (in brace)  
Pool therapy (flutter kicks from hip with knee in extension)  
**Goal** – ROM 0-110 degrees

### **Weeks 8 – 12**

D/C Brace  
Continue appropriate previous exercises and following ex without brace  
PROM, AAROM, AROM to regain full motion  
Short Arc Quads  
Hamstring curls on machine through full range – Light to moderate resistance  
Leg Press 0-90 degrees – Light to moderate resistance  
Hip weight machine x 4 bilaterally  
Fitter  
Slide board  
Treadmill – Walking progression program  
**Goals**  
Full ROM  
Walk 2 miles at 15 min/mile pace

### **Months 3 – 4**

Continue appropriate previous exercises  
Knee extension weight machine with light to moderate resistance  
Functional activities – Figure 8s, gentle loops, large zigzags  
Treadmill – Running progression program  
Pool therapy – Swimming laps  
Quad and Hip Flexor stretches  
**Goals**  
Equal thigh girth  
Equal quad flexibility in prone (heels to buttocks)  
Run 2 miles at easy pace

### **Months 4 – 6**

Continue appropriate previous exercises  
Agility drills / Plyometrics  
Sit-up progression  
Stairmaster  
Running progression to track  
Transition to home / gym program  
**Goals**  
Return to all activities  
Pass APFT at 6 months post-op  
***No contact sports until 6 months post-op***

BRYAN L. BOYEA  
LTC, SP  
Chief, Physical Therapy

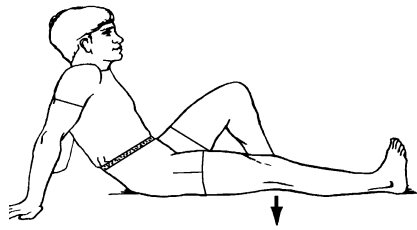
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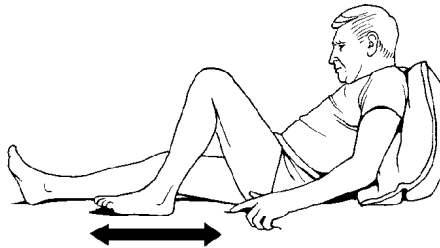
**Knee Post Op Phase 1**

**Perform exercises below frequently: 30 reps 3-5x a day**

**Quad Isometrics**



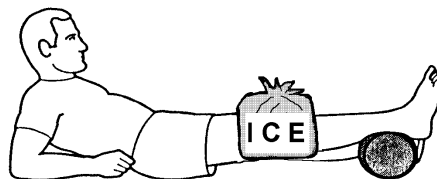
**Heel Slides**



**Active Assisted Motion**



**Ice Position 15 minutes 2-3 x per day**



Appointments?? Questions??

WBAMC PT: DSN:979-2181/1848 COMM: (915)569-2181/1848