



**Jozef Murar, MD**  
Twin Cities Orthopedics  
4010 W 65<sup>th</sup> St, Edina, MN 55435  
Tel: 952-456-7000 Fax: 952-832-0477  
[www.TCOmn.com](http://www.TCOmn.com)

Post-Operative Rehabilitation Guidelines for  
**Patella Tendon Repair** (S76.192)

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_ R / L

**Treatment Frequency: 3-5 times per week    Duration of Therapy Prescription: 4-6 months**

**Phase 1 Weeks 0-4**

- Modalities as needed: Ice, massage, elevation
- Cryo-therapy, scar management, local wound care
- FWB as tolerated with crutches - Hinged knee brace locked in extension for first 6-8 weeks.
- Exercises
  - Isometric Quad and Hamstring strengthening exercises
  - CPM home motion
    - PROM 0-30° and slowly advance to 45°
  - Starting Week 2
    - Begin active flexion and passive extension of the knee 0-45°
    - Advance by 15° per week to full motion
    - **Goal 90 degrees by 4-6 weeks**
  - Active/Active Assist extension knee motion is permitted to @ Week 3
- Special: \_\_\_\_\_

**Phase 2 Weeks 4-16**

- Modalities as needed, Ultrasound, NMES, Scar Management
- Advance WB status to full w/o crutches by 6 weeks
- Brace may be unlocked at rest, sleeping and while sitting. Start to wean out of brace by 6 weeks
- Slowly continue to advance motion to full
- Continue home CPM to assist motion
- Exercises
  - AAROM, PROM. Gait Training
  - Gentle patella mobilization
  - Advance Quad/HS isometrics and being active-assist knee extension/flexion
  - Quad activation (NMES)

### **Phase 3 Weeks 16+**

- Modalities as needed, Massage, NMES
- Pt should be full weight-bearing pain free
- Continue ROM, Gait Training, and core strengthening
- Slow and progressive core strengthening
- Exercises
  - AROM, AAROM, PROM
  - Gait training, Heel slides
  - VMO Strengthening, Quad activation (NMES)
  - Proprioceptive Training
  - Light closed- chain knee extension and advance as tolerated

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_

(I have medically prescribed the above treatments)

**Jozef Murar, M.D.**

**Orthopaedic Surgeon**

**Fellowship Trained in Sports Medicine & Surgery of the Shoulder and Knee**