



Jozef Murar, MD
Twin Cities Orthopedics
4010 W 65th St, Edina, MN 55435
Tel: 952-456-7000 Fax: 952-832-0477
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**