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## **PATELLAR TENDON EXCISION (JUMPER'S KNEE) REHABILITATION PROTOCOL**

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	Full in Brace locked in extension	Locked in full extension for sleeping and all activity*  Off for exercises and hygiene	Full as tolerated	Heel slides, quad sets, patellar mobs, SLR, SAQ
<b>PHASE II</b> 2-6 weeks	<b>2-4 weeks:</b> As per patient's PT Rx**  <b>4-6 weeks:</b> Full w/o brace	None**	Full	Addition of heel raises, total gym (closed chain), terminal knee extensions  Activities w/ brace until 2 weeks; then w/o brace as tolerated
<b>PHASE III</b> 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
<b>PHASE IV</b> 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 wks  Advance to sport-specific drills and running/jumping after 16 wks once cleared by MD

\*Brace, if one was prescribed, may be removed for sleeping after first post-operative visit (day 7-10) \*\*Brace settings may vary depending on nature of exact procedure. Refer to op report and/or text me with questions 24/7