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Complex Knee, Shoulder and
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Patella Tendon Repair Protocol

0-2 Weeks Post Op

- Non weight bearing in brace x 2 weeks
- Brace locked in extension full time with exception of ROM exercises
- ROM 0- 30°
- Reduce pain/swelling (ice 3x's daily for 15-20 minutes directly on knee)
- Ankle pumps, isometric quadriceps set, hamstring sets, glut sets, and patellar mobilizations

3-6 Weeks post Op

- WBAT locked in extension weeks
- Brace locked in extension full time with exception of ROM exercises
- ROM 0°- 90°
- Heel slides, knee extension ROM with foot resting on a towel, 4-way leg lifts with brace locked in extension, gentle patella mobilizations, weight shifts on surgical side with brace on

6-12 Weeks Post Op

- Wean from crutches and begin weight bearing with knee brace open (week 6-8)
- Wean out of brace at 8 weeks
- ROM
 - weeks 6-8 0°-120°
 - weeks 8 progress to full ROM
- AROM for open chain knee flexion and extension, closed chain quadriceps control from 0°-40° with light squat and leg press, progressing to shallow lunge steps, prone knee flexion, stationary bike, patellar mobilizations, open chain hip strengthening, core strength

12-24 Weeks Post Op

- Continue to optimize gait
- Continue to optimize ROM
- Progressive closed chain strengthening as tolerated
- Cycling, swimming
- Elliptical can start at week 16 if appropriate strength

24 Weeks Post Op

- Progress to return to sport