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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Patellar Tendon Debridement

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: WBAT with brace locked in extension and crutches
- ROM: 0-90 deg (ok to remove brace during ROM exercises)
- Brace: locked in extension
- Exercises: patellar mobs, calf pumps

Phase II: 2-6 weeks

- WB status: WBAT in extension with brace
- ROM: progress to full
- Brace: locked in extension (ok to remove during ROM exercises)
- Exercises: Phase I + side lying hip/core/glutes + straight leg raises with brace locked in ext

Phase III: 6-8 weeks

- WB status: full
- ROM: full
- Brace: wean off
- Exercise: Phase II + begin calf raises, gentle stationary bike once motion allows, begin hamstring work

Phase IV: 2-4 months

- WB status: WBAT
- ROM: full
- Brace: none
- Exercise: progress Phase III; avoid any squats or lunges

Phase V: 4+ months

- WB status: WBAT
- ROM: full
- Brace: none
- Exercises: cleared to progress to squats, lunges, and sports specific drills