



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Patella Tendon Repair

Phase I: 0-2 weeks

- Edema and pain control
- Weight bearing status: WBAT with brace locked in extension
- ROM: none
- Brace: locked in extension at all times
- Exercises: patellar mobs, calf pumps

Phase II: 2-6 weeks

- WB status: WBAT with brace locked in extension
- ROM: 2-3 weeks 0-30 deg, 3-4 weeks 0-60 deg, 4-6 weeks 0-90 deg
- Brace: locked in extension except when working on ROM exercises
- Exercises: Phase I + side lying hip/core/glutes

Phase III: 6-12 weeks

- WB status: WBAT with brace unlocked
- ROM: progress towards full
- Brace: unlocked; can remove while sleeping
- Exercise: Phase II + begin calf raises, straight leg raises, stationary bike once motion allows, begin hamstring work

Phase IV: 3-9 months

- WB status: WBAT without brace
- ROM: full
- Brace: discontinue at 12 weeks
- Exercise: Phase III + progress closed chain activities, hamstring work, functional activities; advance to sports specific drills and running/jumping at 4-6 months; Return to sports generally takes 9-12 months