



# THE ORTHOPAEDIC CENTER

A division of Centers for Advanced Orthopaedics

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## Patellar Tendon Repair

Name: \_\_\_\_\_

Dr: Scott C. Faucett, MD MS

Date: \_\_\_\_\_

### ROM RESTRICTIONS

Week 1-2 -5-30

Week 3-4 -5-60

Week 4-6 -5-90

\_\_\_\_\_

\_\_\_\_\_

Start patellar tendon mobilizations day 2

### BRACE SETTINGS

0-0 x 6 weeks

### Weight Bearing status

Partial weight (<20lbs) bearing x 2-4 weeks

### TIME LINES

Week 1(1-7POD)  
Week 2(8-14POD)  
Week 3(15-21POD)  
Week 4(22-28POD)

●= Do exercise for that week

**Week**

<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●							
Flexion/Extension - seated	●	●	●	●	●	●	●	●							
Patella/Tendon mobilization	●	●	●	●	●	●	●	●							
Extension mobilization	●	●	●	●	●	●	●	●							
Quad series	●	●	●	●	●	●	●	●							
Hamstring sets	●	●	●	●	●	●	●	●							
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●							
Ankle pumps	●	●	●	●	●	●	●	●	●						
Toe and heel raises					●	●	●	●							
Balance series					●	●	●	●	●	●	●	●	●	●	
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Bike/Rowing with well leg	●	●	●	●	●	●	●	●							
Bike with both legs - no resistance							●	●	●						
Bike with both legs - resistance							●	●	●	●	●	●	●	●	
Aquajogging							●	●	●	●	●	●	●	●	
Treadmill - walking 7% incline							●	●	●	●	●	●	●	●	
Swimming with fins											●	●	●	●	
Elliptical trainer											●	●	●	●	
Rowing											●	●	●	●	
Stair stepper												●	●	●	
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Double knee bends											●	●	●		
Double leg bridges											●	●	●		
Reverse lunge - static hold											●	●	●		
Beginning cord exercises											●	●	●		
Balance squats												●	●	●	
Single leg deadlift												●	●	●	
Leg press												●	●	●	
Sports Test exercises												●	●	●	
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running progression														●	●
Initial - single plane agility														●	●
Advance - multi directional agility															●
Functional sports test															●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf														●	●
Outdoor biking, hiking, snowshoeing														●	●
Skiing, basketball, tennis, football, soccer															●

*Scott C. Faucett*