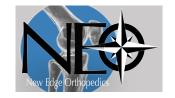
## PATELLAR TENDON EXCISION (JUMPER'S KNEE) REHABILITATION PROTOCOL

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

<sup>\*</sup>Brace, if one was prescribed, may be removed for sleeping after first post-operative visit (day 7-10)



<sup>\*\*</sup>Brace settings may vary depending on nature of exact procedure. Please refer to specific PT Rx provided.