



# Sports Medicine

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## Patellar Tendon Repair Guidelines

Week 1-2:	Partial weight bearing in a hinged knee brace locked in extension for first 2 weeks, initiate quad sets.
Week 2-4:	Initiate straight leg raises.  Start range of motion (0-30 degrees) at postoperative week 2 and increase motion by 15 degrees per week
Week 4-5:	progress to weight bearing as tolerated with knee locked in extension
Week 6:	Goal of 90 degrees of flexion and walking in hinged knee brace (0-60 degrees) by postoperative week 6.
Week 6-8:	Slowly progress with active range of motion, quad/hamstring/calf strengthening  progress to walking in hinged knee brace with 0-90 degrees of allowable motion by week 8
Week 8-14:	Progress strengthening as appropriate; discontinue use of hinged knee brace at 10 weeks postoperatively  At 12 weeks, can start stationary bike with no resistance. Gradually increasing over the next few weeks.
Week 20:	Progress to jogging
Month 6-7:	Return to sports and agility exercises