

Department of Orthopaedic Surgery
Sports Medicine and Shoulder Service

Patellar Tendon Debridement Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: Patellar tendinopathy Frequency: 2-3

Mini-squats (0-45) and heel raises Hamstring PREs
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4 inch step ups
Seated leg extension (0 to 40degrees) against gravity with no weight
D/C brace if adequate quad control and normal gait pattern
Isotonic leg press 0-90
AAROM 4-5x's day (no limits) goal 0-120
Initiate retro treadmill with 3% incline (for quad control)

Week 7

Continue all exercises
Continue ROM stretching and overpressure into extension 4-5x's day
Goal: 0 to 130 degrees
Wall and/or ball squats (0-60)
Eccentric leg press
6 inch front step-ups
4 inch step downs
SLR's - in all planes with weight

Week 8

Continue above exercises
ROM 4-5x/day Goal full ROM
Regular stationary bike if Flexion > 115
8 inch step ups
4 inch step downs
Single leg proprioceptive training

