

REHABILITATION FOLLOWING RECONSTRUCTION AFTER PATELLA TENDON RUPTURE

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| 0 to 2/3 weeks | <ul style="list-style-type: none"> • Static quads / hamstrings. • Cryo. • Mobilise WB as tolerated – knee brace 0 to 40° |
| From 3/52 weeks | <ul style="list-style-type: none"> • Massage / gentle retinacular stretches if tight. • Brace off for ROM (aim 0 to 45° end of 3rd week, 0 to 60° end of 4th, 0 to 90° end of 6th, and full flexion by end of 12th). • Mobilise WB with brace 0 to 120° until end of 6th week. • Brace off at night from end of 4th week. • Upper body work in gym. |
| Weeks 6 to 8 | <ul style="list-style-type: none"> • Stop bracing. • Pool work: swim with legs trailing (float between legs). • Hamstring curls – build up steadily. |
| Week 8 | <ul style="list-style-type: none"> • Deep water jogging in pool. • Cycling: very slow resistance and a relatively low pace. • Squats: 0° to 30° until end of 10th week, 0° to 45° until end of 12th week, then increase flexion angle steadily. • Leg press: very light and must be supervised (angles as for squats). |
| From 13 th week | <ul style="list-style-type: none"> • Start step-ups. • Open kinetic chain exercises – SLR and knee extensions – very light and must be supervised. • Swimming: freestyle kick only. |
| Weeks 14 to 18 | <ul style="list-style-type: none"> • Increase speed and endurance of exercises. |
| Weeks 18 to 22 | <ul style="list-style-type: none"> • Start jogging. |
| Weeks 22 to 24 | <ul style="list-style-type: none"> • Start running, hops / jumps. |
| Thence all training sport specific. | |
| Progress should be monitored carefully and patient should only go up a level of activity if they have successfully completed the preceding stage. | |

