

PATELLAR TENDON (JUMPER'S KNEE) DEBRIDEMENT PROTOCOL

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-4:

- WBAT with brace in full extension, d/c crutches when comfortable
- Brace locked at full extension while ambulating and sleeping
- Ok to set brace 0-90 while seated/resting
- PROM with emphasis on regaining full extension/hyperextension
- Patellar mobilization, ankle pumps, SLR (all directions), weight shifts
- Quad/hamstring isometrics, calf raises, with brace locked in extension
- Modalities: stim/cryo as needed

____Weeks 5-8:

- D/c brace when able to SLR without lag
- Progress to AAROM/AROM unrestricted
- Progress isometric training program
- Gait training/normalization
- Open chain knee extension (30-90 degrees), 1/4 then progress to 1/3 wall sits
- Leg press sets
- Biking, walking, elliptical → progress to stairs ok

____Weeks 9-12:

- End range quad stretching
- Shuttle drills, single leg squats, step ups/down
- Tilt board/perturbation testing
- Pool running (near 12 weeks)

____Weeks 13-16:

- Initiate jogging progression
- Lap swimming

____Weeks 16+:

- Initiate sports specific drills
- Return to play testing

Signature _____

Date: _____