



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: _____