

# Keith Corpus, MD

## Patella Tendon Debridement/Repair (Jumper's Knee)

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<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-2</b> PT 1-2x/week HEP daily	Edema and pain control Maintain full extension Limit quad inhibition	WBAT Brace locked ambulation & sleep Remove brace exercise & hygiene Avoid prolonged standing/walking	P/A/AAROM flexion/extension, no limits Quadriceps isometrics & re-education Patella mobilization Emphasize full passive extension Proprioception training Hip progressive resisted exercises
<b>Weeks 2-6</b> PT 2-3x/week HEP daily	Full ROM Minimal swelling Normalize gait Ascend/Decent 8" stair Reciprocate stairs Return to normal ADLs	WBAT DC brace when quad sufficient Avoid pain with therapeutic exercises and functional activities	Continue above Closed chain strengthening Step up/step down program Elliptical
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Full ROM Return to normal activity Run pain free Maximize strength/flexibility	Avoid pain with therapeutic exercises and functional activities	Continue above Progress closed chain activities Begin hamstring work Leg press 0-90 Advance proprioception
<b>Weeks 12-20</b> PT 2-3x/week HEP daily	Full ROM Maximize strength Adequate endurance Apprehension free activity	Return to sport (MD directed)	Continue above Advance CORE, glutes, eccentric hamstrings, elliptical, and bike Initiate running when able to descend 8" step without pain/deviation Plyometrics when stable base  Swimming OK at 12 weeks Running/jumping at 16 weeks