

Patellar Tendinopathy Debridement

	Phase I: 0-4 weeks	Phase II: 5-8 weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • Progress from TTWB to PWB (25-50%) to WBAT over days 0-7 in brace locked in full extension • Discontinue crutches as tolerated • Brace locked in full extension while ambulating and sleeping • Brace may be unlocked from 0-90° while sitting or resting 	<ul style="list-style-type: none"> • WBAT • Discontinue brace when no extension lag, excellent quadriceps control, and quadriceps strength adequate for stable ambulation
Aerobic	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Stationary bike progression to improve ROM (begin with minimal resistance and elevated seat height and progress as motion and strength allow) • Begin treadmill walking and elliptical machine as tolerated
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • PROM with emphasis on regarding symmetric/full extension/hyperextension • Patellar mobilization • Ankle pumps • Straight leg raises (in all directions) • Weight-shifts • Calf raises • Quadriceps isometrics • Hamstring isometrics • Brace locked in extension for exercises other than PROM 	<ul style="list-style-type: none"> • Continue Phase I exercises • Progress to unrestricted AAROM / AROM • Progress isometric training program • Gait training and normalization • Begin leg press sets • Mini squats 0-45° • Open chain knee extension 30-90° without resistance • ¼ wall sits and progress to ⅓ wall sits • Begin balance and proprioception program (double-leg stance) • Tilt board (double-leg stance)
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce pain and swelling and improve muscle recruitment • Home Exercise Program (HEP) per discretion of Physical Therapist 	
Goals	<ul style="list-style-type: none"> • Pain control • Reduce effusion • Protection of tissue healing • Minimize joint stiffness • PROM 0-90° 	<ul style="list-style-type: none"> • Achieve full and symmetric ROM • Progress with strengthening exercises • Begin aerobic exercise

	Phase III: 9-12 weeks	Phase IV: 13-16 weeks	Phase IV: 16+ weeks
Weight-Bearing and Immobilization	<ul style="list-style-type: none"> • WBAT • No immobilization necessary 		
Aerobic	<ul style="list-style-type: none"> • Continue Phase II aerobic exercises • Begin pool running at 10 weeks 	<ul style="list-style-type: none"> • Begin walk-jog-run progression • Begin lap swimming 	<ul style="list-style-type: none"> • Begin sport-specific training
Range of Motion (ROM) and Strengthening	<ul style="list-style-type: none"> • Continue Phase II exercises • End-range quadriceps stretching • Squats 0-90° • Shuttle drills • Single leg squats • 8" step-ups • 4" step-downs • Lateral step-outs with bands • Begin resistance with open chain knee extension • Begin single-leg proprioception training • Perturbation testing 	<ul style="list-style-type: none"> • Continue Phase III exercises • Jump downs (double-stance landing) • Progress strengthening, proprioception, and balance • Progress gradually with step-ups and step-downs • Begin general agility and plyometrics program 	<ul style="list-style-type: none"> • Continue Phase IV exercises • Advance to sport-specific training, plyometrics, and agility programs after general programs complete
Other	<ul style="list-style-type: none"> • Modalities as needed to reduce swelling and improve muscle recruitment • Home Exercise Program (HEP) per discretion of Physical Therapist 		
Goals	<ul style="list-style-type: none"> • Advance strengthening • Advance balance and proprioception • Begin plyometric program 	<ul style="list-style-type: none"> • Gradual return to running, sport-specific drills, and full sports when necessary criteria met • Begin to wean from supervised PT 	

Activity	Criteria for Participation
Supervised running. Light sport-specific drills.	No pain or swelling. AROM 0° to >125°. Good control on jump downs. Quadriceps strength >75% contralateral side. Functional Hop Test >70% contralateral side.
Home running program. Backwards jogging. Figure-of-Eights. Zig-zags. Lateral shuffles. Progress to hops, jumps, cuts, and sport-specific drills. Begin to wean supervised PT.	Full ROM. Quadriceps strength >80% contralateral side. Functional Hop Test >85% contralateral side.
Full sports	Full ROM. Completion of running program. Functional Hop Test >90% contralateral side. Quadriceps and hip external rotators strength >90% contralateral side.