

# PHYSICAL THERAPY PRESCRIPTION



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PATIENT STICKER

## KNEE PATELLAR TENDON DEBRIDEMENT PROTOCOL

**Surgical Date:** \_\_\_\_\_

**Side:**  Right  Left

**Diagnosis:**  Patellar tendon debridement with or without inferior pole resection

Postop	Goals	Precautions	Exercises
<b>Weeks 0-2</b> HEP daily	Full passive extension ROM 0-125° Limit quad inhibition	WBAT If prescribed, brace locked at 0° for ambulation & sleep 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> 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> 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+</b> 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 Sport-specific drills and running/jumping after 16 weeks

**Frequency & Duration:**  1-2  2-3 x/week for \_\_\_\_\_ weeks \_\_\_\_\_ Home Program

**Physician's Signature:** \_\_\_\_\_ **M.D.**