

# Patellar Tendon Fenestration/Open Debridement



Name: \_\_\_\_\_

Dr: Benjamin Petre \_\_\_\_\_

Date: \_\_\_\_\_

● = Do exercise for that week

**Week**

<b>Initial Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Flexion/Extension - wall slides	●	●	●	●	●	●	●	●						
Flexion/Extension – seated	●	●	●	●	●	●	●	●						
Patella/Tendon mobilization	●	●	●	●	●	●	●	●						
Extension mobilization	●	●	●	●	●	●	●	●						
Quad series	●	●	●	●	●	●	●	●						
Hamstring sets	●	●	●	●	●	●	●	●						
Sit and reach for hamstrings (towel)	●	●	●	●	●	●	●	●						
Ankle pumps	●	●	●	●	●	●	●	●	●					
Toe and heel raises					●	●	●	●						
Balance series					●	●	●	●	●	●	●	●	●	●
<b>Cardiovascular Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Bike/Rowing with well leg	●	●	●	●	●	●	●	●						
Bike with both legs – no resistance	●	●	●	●	●	●	●	●	●					
Bike with both legs - resistance							●	●	●	●	●	●	●	●
Aquajogging							●	●	●	●	●	●	●	●
Treadmill – walking 7% incline							●	●	●	●	●	●	●	●
Swimming with fins											●	●	●	●
Elliptical trainer											●	●	●	●
Rowing											●	●	●	●
Stair stepper												●	●	●
<b>Weight Bearing Strength</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Double knee bends											●	●	●	
Double leg bridges											●	●	●	
Reverse lunge – static hold											●	●	●	
Beginning cord exercises											●	●	●	
Balance squats												●	●	●
Single leg deadlift												●	●	●
Leg press												●	●	●
Sports Test exercises												●	●	●
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Running progression													●	●
Initial – single plane agility													●	●
Advance – multi directional agility														●
Functional sports test														●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Golf													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

## ROM RESTRICTIONS

0-30 Week 1  
 0-45 Week 2  
 0-60 Week 3  
 0-75 Week 4  
 0-90 Week 5  
 0-105 Week 6  
 0-120 Week 7  
 Unlimited week 8+

Start patellar tendon mobilizations day 2

## BRACE SETTINGS

0-0 x 6 weeks

## Weight Bearing status

Partial weight bearing x 2-4 weeks

## TIME LINES

Week 1(1-7POD)  
 Week 2(8-14POD)  
 Week 3(15-21POD)  
 Week 4(22-28POD)