



Pediatric Orthopedic and Scoliosis Center
Rehabilitation Medicine Center

Rehabilitation prescription for:

Patient label

Dr. Tysklind's Patellar Tendon Repair

Diagnosis: R / L

Procedure date:

S/P:

| | WEEK | | | | | | | | | | | MONTH | | | |
|--|------|---|---|---|---|---|---|---|---|----|--|-------|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | 3 | 4 | 5 | 6 |
| <i>PHASE 1 EXERCISES</i> | | | | | | | | | | | | | | | |
| Extension/Flexion sitting prone | • | • | • | • | • | • | • | • | • | • | | • | • | • | • |
| Quad sets with straight leg raises | • | • | • | • | • | • | • | • | • | • | | | | | |
| Hamstring sets | • | • | • | • | • | • | • | • | • | • | | | | | |
| Patella Mobs/Quad patellar tendon | • | • | • | • | • | • | • | • | • | • | | | | | |
| Wall slides | | | | | • | • | • | • | • | • | | | | | |
| Toe and heel raises | | | • | • | • | • | • | • | • | • | | • | • | • | • |
| <i>MUSCLE STRETCHES</i> | | | | | | | | | | | | | | | |
| Sit and Reach for Hamstrings | | | • | • | • | • | • | • | • | • | | • | • | • | • |
| Lying Rectus | | | • | • | • | • | • | • | • | • | | • | • | • | • |
| Stork Stand for Quadriceps | | | | | | • | • | • | • | • | | • | • | • | • |
| Runners stretch for calf and achilles | | | • | • | • | • | • | • | • | • | | • | • | • | • |
| <i>CARDIOVASCULAR EXERCISES</i> | | | | | | | | | | | | | | | |
| Bike with Both Legs | | | • | • | • | • | • | • | • | • | | • | • | • | • |
| Aquajogging | | | | | | • | • | • | • | • | | • | • | • | • |
| Swimming | | | | | | | | | | • | | • | • | • | • |
| Elliptical trainer | | | | | | | | • | • | • | | • | • | • | • |
| Rowing | | | | | | • | • | • | • | • | | • | • | • | • |
| Stair Stepper | | | | | | | | • | • | • | | • | • | • | • |
| Treadmill | | | | | | • | • | • | • | • | | • | • | • | • |
| <i>PHASE 2 SPORT CORD EXERCISES</i> | | | | | | | | | | | | | | | |
| Double Knee Bends (knee not over foot) | | | | | | | • | • | • | • | | • | • | • | • |
| Carpet Drags | | | | | | | • | • | • | • | | • | • | • | • |
| Forward backward jogging | | | | | | | | | | • | | • | • | • | • |
| Side to side agilities | | | | | | | | | | • | | • | • | • | • |
| <i>PHASE 3 WEIGHTS</i> | | | | | | | | | | | | | | | |
| Leg press down to 90 degrees | | | | • | • | • | • | • | • | • | | • | • | • | • |

| | | | | | | | | | | | | | | | |
|--|--|--|--|---|---|---|---|---|---|---|---|---|---|---|---|
| Leg curls | | | | • | • | • | • | • | • | • | | • | • | • | • |
| Ab/Adduction | | | | • | • | • | • | • | • | • | | • | • | • | • |
| Balance squats | | | | | | | • | • | • | • | | • | • | • | • |
| Knee extension pain-free arc | | | | • | • | • | • | • | • | • | | • | • | • | • |
| NO LUNGES | | | | | | | | | | | | | | | |
| PHASE 4 HIGH LEVEL EXERCISES | | | | | | | | | | | | | | | |
| Biking outdoors | | | | | | | | | | | • | • | • | • | • |
| Rollerblading | | | | | | | | | | | | • | • | • | • |
| Running | | | | | | | | | | | | • | • | • | • |
| Skiing, basketball, tennis, football, soccer | | | | | | | | | | | | | | | • |
| Golf | | | | | | | | | | | | • | • | • | • |
| Agility Exercises | | | | | | | | | | | | | | | • |
| Trail Riding | | | | | | | | | | | | • | • | • | • |

Additional Instructions:

Weight bearing:

TDWB (toe touch only) with crutches weeks 0-2 post-op

WBAT 2-6 weeks post op

Brace: Hinged knee brace locked in extension for ambulation 0-6 weeks

When not ambulating:

Weeks 0-2: 0-30 degrees

Weeks 2-4: 0-60 degrees

Weeks 4-6: 0-90 degrees

Robert G. Tysklind, MD

Date