



Yuri Lewicky MD

1840 N. Jasper Dr.

Flagstaff, Az 86001

Phone (928) 226-2900 Fax (928) 774-7767

Patellar Tendon Repair Protocol:

The patient underwent a patellar tendon repair. A hinged knee brace locked at 0° will be utilized for the first 6 weeks at all times. At the first postoperative visit weightbearing as tolerated with the brace locked at zero will be initiated. Passive range of motion can begin when not weightbearing and should start from 0-30° in the brace. After 3 weeks formal physical therapy will be initiated with straight leg raises and quad sets performed in full extension. Full return to activity can be expected from 4-6 months.