

Knee rehab after Regenexx isolated patella tendon rupture repair procedures.

	Restrictions	Therapeutic Exercise	Progress to next phase when:
Phase I: Minimal Protection, ROM, light resistance training Week 0-2	Avoid any activity that cause more than minimal pain 2/10 during or after. Avoid walking or jogging for exercise	AROM exercises, hamstring and calf stretching. Quad and gluteal isometrics Self-massage of patella tendon 5min 3x daily Biking and elliptical ok if not painful	At least 1 week Normal gait
Phase II: Advanced Resistance training, Strengthening Week 1-12	Avoid any activity that cause more than minimal pain 2/10 during or after.	Progressive resistance exercises gradually. At 4-8 wks, begin eccentric single-leg squats (should not be painful): using 25-degree decline board- 3 sets of 15 reps 2x daily for 12 weeks. Can walk or jog for exercise if pain free. If access to a pool deep water emersion exercises, can use aqua jogger.	Can walk or jog for exercise without pain x1 wk.
Phase III: Return to activity Week 8-14	Avoid any activity that cause more than minimal pain 2/10 during or after.	Continue eccentric to complete 12 weeks. Continue to work on strength, flexibility, correcting poor biomechanics, asymmetry, and postural restoration. Return to activity as tolerated.	Return to phase II if more than 2/10 pain with most exercises or activities.