

# Patellar Tendon Fenestration/Open Debridement

Pt  
Name: \_\_\_\_\_  
Dr: Alexander Strassman, DO

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

● = Do exercise for that week

**Week**

## ROM RESTRICTIONS

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Start patellar tendon mobilizations day 2

## BRACE SETTINGS

0-0 x 6 weeks

## WB STATUS

Partial weight bearing x 2-4 weeks

## TIME LINES

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

<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							●	●	●	●	●	●	●	●
Aqua-jogging							●	●	●	●	●	●	●	●
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 dead-lift												●	●	●
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 Progression													●	●
Outdoor biking, hiking, snowshoeing													●	●
Skiing, basketball, tennis, football, soccer														●

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

