



LATERAL EXTRA-ARTICULAR TENODESIS

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB for 2 weeks with the brace locked in extension
- AROM/PROM: 0-90°, focusing on achieving full extension
- Patella mobilization
- SLR supine with the brace locked at 0 degrees
- Quad sets with the brace locked at 0 degrees
- Heel slides
- Ankle pumps

2-4 weeks

- Begin WBAT progression: advance to PWB (25% then 50%) starting at 2 weeks, continue progressing
- Discontinue brace once WBAT without crutches; can unlock the brace while transitioning off crutches beginning at 2 weeks post-op
- No WB with knee past 90° of flexion
- Progress ROM to full (maintain full extension)
- Begin using stationary bike

4-8 weeks

- Continue WBAT
- Discontinue crutches once gait is normalized and non-antalgic
- Wall sits to 90 degrees

8-12 weeks

- Continue with full ROM
- Progress with closed chain exercises
- Lunges from 0-90 degrees
- Leg press 0-90 degrees

12-16 weeks

- Progress strengthening exercises
- Single-leg strengthening
- Begin jogging and progress to running
- Incorporate sports-specific exercises

Note: Progression through these phases should be based on individual recovery, with all exercises adjusted as necessary under the guidance of your surgeon and physical therapist. Regular follow-ups with the surgical team are crucial to ensure optimal recovery