



Lateral Extra-Articular Tenodesis

Post-Operative Rehabilitation Protocol

0-2 weeks

- NWB for 2 weeks with brace locked in extension
- AROM/PROM: 0-90° with emphasis on full extension
- Patella mobilization
- SLR supine with brace locked at 0 degrees
- Quad Sets with 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 to progress
- Discontinue brace once WBAT without crutches. Can unlock the brace while transitioning off of crutches beginning at 2 weeks post-op
- No WB with the knee past 90 degrees of flexion
- Progress with full ROM until full (maintain full extension)
- Begin stationary bike

4-8 weeks

- Continue WBAT
- Discontinue crutches when gait 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
- Sports specific exercise

Weight Bearing Status

NWB x 2 weeks

Brace Settings

Locked straight x 2 weeks when ambulating or sleeping.

ROM Restrictions

Full PROM beginning POD 1



Exercise	Week														
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Initial Exercises:															
ROM Goals	0-90°			0-125°			Progress to full								
Flexion/extension, heel slides	[Green bar from Day 1 to Day 10]														
Flexion/extension- seated	[Green bar from Day 1 to Day 10]														
Patella/Tendon mobilization	[Green bar from Day 1 to Day 10]														
Quad Series	[Green bar from Day 1 to Day 10]														
Hamstring Sets	[Green bar from Day 1 to Day 6]						[Green bar from Day 7 to Day 24]								
Sit and Reach for Hamstrings	[Green bar from Day 1 to Day 10]														
Ankle Pumps	[Green bar from Day 1 to Day 7]														
Crutch weaning	NWB	[Green bar from Day 3 to Day 5]													
Heel prop knee extension stretch	[Green bar from Day 1 to Day 7]														
SLR (w/ brace until quad control restored)	[Green bar from Day 1 to Day 7]														
Toe and heel raises	[Green bar from Day 3 to Day 5]			[Green bar from Day 6 to Day 24]											
Balance Series	[Green bar from Day 1 to Day 6]						[Green bar from Day 7 to Day 24]								
Weight-bearing Strength Exercises:															
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Double Knee Bends	[Green bar from Day 3 to Day 24]														
Double Leg Bridges	[Green bar from Day 3 to Day 12]														
Reverse Lunge- static hold	[Green bar from Day 3 to Day 5]					[Green bar from Day 6 to Day 24]									
Beginning cord exercises	[Green bar from Day 3 to Day 6]						[Green bar from Day 7 to Day 24]								
Dead Lift (2 → 1)	[Green bar from Day 3 to Day 24]														
Squat/Leg Press (ISO →reps, 2→1 leg)	0-45°			0-90											
Sports Test Exercises	[Green bar from Day 3 to Day 12]											[Green bar from Day 16 to Day 24]			
Cardiovascular Exercises:															
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Bike with both legs-no resistance	[Green bar from Day 3 to Day 5]			[Green bar from Day 6 to Day 24]											
Bike with both legs- resistance	[Green bar from Day 3 to Day 4]				[Green bar from Day 5 to Day 24]										
Aqua jogging	[Green bar from Day 3 to Day 7]							[Green bar from Day 8 to Day 24]							
Treadmill-walking 7% incline	[Green bar from Day 3 to Day 7]							[Green bar from Day 8 to Day 24]							
Swimming with fins-light flutter kick	[Green bar from Day 3 to Day 9]									[Green bar from Day 10 to Day 24]					
Elliptical Trainer	[Green bar from Day 3 to Day 10]										[Green bar from Day 12 to Day 24]				
Rowing	[Green bar from Day 3 to Day 11]											[Green bar from Day 12 to Day 24]			
Stair stepper	[Green bar from Day 3 to Day 12]												[Green bar from Day 16 to Day 24]		
Agility Exercises:															
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Running Progression	[Green bar from Day 3 to Day 12]											[Green bar from Day 16 to Day 24]			
Initial-Single Plane	[Green bar from Day 3 to Day 12]											[Green bar from Day 16 to Day 24]			
Advance-Multi Directional	[Green bar from Day 3 to Day 12]												[Green bar from Day 16 to Day 24]		
Functional Sports Test	[Green bar from Day 3 to Day 12]												[Green bar from Day 16 to Day 24]		
High Level Activities:															
	1	2	3	4	5	6	7	8	9	10	12	16	20	24	
Golf Progression	[Green bar from Day 3 to Day 12]												[Green bar from Day 16 to Day 24]		
Outdoor biking, hiking, running	[Green bar from Day 3 to Day 12]												[Green bar from Day 16 to Day 24]		
Return to Full Sport at 6 months post-op	[Green bar from Day 3 to Day 24]														

Adapted from post-operative protocol created by Howard Head Physical Therapy, Jill Monson, PT, OCS and Jon Schoenecker, PT, OCS, CSCS



Quad Series:

