

Isolated Lateral Extra-articular Tenodesis Rehabilitation Protocol

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 0 – 2	<ul style="list-style-type: none"> • Protect surgical site • Active ROM: 0-90° • Reduce muscle atrophy • Reduce swelling • Decrease pain and inflammation 	<ul style="list-style-type: none"> • ROM: 0 - 90° • Weightbearing as tolerated (WBAT) with the knee in full extension using crutches • Immobilizer must always be on when walking 	<ul style="list-style-type: none"> • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ Compression with TubiGrip/TEDS • ROM (limited to 0 - 90°): <ul style="list-style-type: none"> ○ Heel slides, Patella mobilizations ○ Prone knee hangs / Supine knee extension with towel under ankle • Quadriceps recruitment • Global LE isometric/proximal hip strengthening • Gait training with crutches • Initial Visit: FOTO, LEFS
Weeks 2 – 6	<ul style="list-style-type: none"> • Discontinue knee immobilizer • Achieve Full ROM • Reduce atrophy / progress strengthening • Reduce swelling • Normalize gait • SLR without extensor lag 	<ul style="list-style-type: none"> • Progress to WBAT (wean crutches) • No loading at knee flexion angles > 90 degrees (12 weeks) • No jogging or sport activity • Avoid painful activities / exercises 	<ul style="list-style-type: none"> • ROM As tolerated • Gait training from WBAT to independent • Core stabilization exercises • Neuromuscular re-education • Global LE strengthening <ul style="list-style-type: none"> ○ Limit deep knee flexion angles > 90° ○ Begin functional strengthening exercises (bridge, mini-squat, step up, etc.) • Double limb + single limb balance / proprioception • Aerobic training: <ul style="list-style-type: none"> ○ Walking program when walking with normal gait ○ Stationary bike • Week 4: FOTO, LEFS
Weeks 6 – 12	<ul style="list-style-type: none"> • No effusion • Full ROM • Increase functional LE strength • Return to activity as tolerated • Initiate return to running program • Initiate basic plyometrics 	<ul style="list-style-type: none"> • No loading at knee flexion angles >90 degrees (16 weeks) • Avoid painful activities / exercises • No running until week 8 and cleared by surgeon • No jogging if painful or swollen • No plyometric exercises until week 12 and cleared by surgeon 	<ul style="list-style-type: none"> • Aerobic training <ul style="list-style-type: none"> ○ Begin non-impact aerobic training (elliptical / Stairmaster) • Increase loading capacity for lower extremity strengthening exercises • Continue balance / proprioceptive training • Week 8: Begin return to running program • Week 8: FOTO, LEFS • Week 12: start low level plyos + agility training
Weeks 12 +	<ul style="list-style-type: none"> • Full ROM • Functional strengthening • Return to sport/activity 	<ul style="list-style-type: none"> • Return to sport 3 - 4 months post-op with surgeon approval 	<ul style="list-style-type: none"> • Gradually increase lifting loads focusing on form, control, and tissue tolerance • Progress as tolerated: ROM, Strength, Endurance, Proprioception/Balance, agility, Sport specific skills • Week 18: FOTO, LEFS

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.

Each patient's progress may vary based on specifics of their injury and procedure.