

Patellar Tendinopathy Rehabilitation Guidelines

General Rehab Guidelines:

- Control Pain
- Normal ROM, proprioception, strength
- Return to normal ADLs/sports

Phase I: Goals:

- Full ROM
- Control Pain
- Instruct in HEP

Suggested Exercises:

- Quad sets
- Straight leg raises
- Heel slides
- Cross Friction massage for 2 min, 1-3 times each day
- Hip exercises: flexion, extension, abduction, and adduction
- Stretches: quadriceps, hamstrings, glutes, abductors, adductors
IT Band, piriformis
- Modalities as needed

Phase II: Goals:

- Increase Strength
- Increase Proprioception
- Increase Flexibility
- Decrease Pain
- Maintain ROM

Suggested Exercises:

- Eccentric Open/Closed Chain Strengthening:
 - Drop squats, slow-fast, 30 reps / day, x 2 weeks
 - Decline squats, double leg or single-leg, on decline board, 30 reps/day, x2 weeks
 - Leg press (up with two legs, down with one)
 - Terminal Knee extension
 - Step up/over/down (affected leg steps up and stays on the step, unaffected leg steps up and over, slowly lower to the ground)
 - Wall sits (slide down wall with affected leg, hold, use both legs to return to start)
 - Leg extension, (lift, lock, lower), slowly lower weight with affected leg (use light weight to start)
- Hamstring curls
- Hip Abductor and Adductor machines
- Glute machine
- Proprioceptive exercises
- stretches: quadriceps, hamstrings, glutes, abductors, adductors
IT Band, piriformis
- Continue with cardiovascular
- Continue with modalities as needed

Phase III: Goals:

- Return to normal ADLs and/or sports without pain or limitation
- Maintain flexibility
- Independence with HEP

Suggested Exercises:

- Eccentric Open/Closed Chain Strengthening:
 - Drop squats, on decline board, 30 reps / day, x4 weeks; (Increase resistance once pain is gone by holding dumbbells. Increase weight to produce slight discomfort/pain while performing exercise.) *After 6 weeks, patient is to perform Eccentric Drop squat 3x week
 - Decline squats, on decline board, 30 reps / day, x4 weeks; (Increase resistance once pain is gone by holding dumbbells. Increase weight to produce slight discomfort/pain while performing exercise.) *After 6 weeks, patient is to perform Eccentric Decline squat 3x week
- Continue to increase strength and flexibility
- Sports specific exercises where indicated
- Cardio progression where indicated
- Independence demonstrated in HEP