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, piriiformis
• 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, piriiformis
• 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