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