

PRP INJECTION PATELLAR/QUADRICEPS TENDON

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PATIENT: _____ DATE OF SURGERY: _____

PHASE I – Maximum Protection (Weeks 0 to 2)

➤ **Goals**

- ☐ Protection
- ☐ Reduce inflammation
- ☐ Pain Control

➤ **Exercise progression**

- ☐ Weight bear as tolerated with crutches. Wean from crutches as tolerated.
 - ☐ Return to normal gait with wean off crutches
 - ☐ Gentle active ROM of knee flexion/extension to tolerance
 - ☐ No overstrengthening of the tendon through exercise, lifting, or impact activity
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PHASE II – Progressive Stretching and Early Strengthening (Weeks 2 to 6)

Weeks 2 to 6

➤ **Goals**

- ☐ Full knee extension/hyperextension
- ☐ Full knee flexion, progress as tolerated
- ☐ Normalize gait mechanics
- ☐ Normalize patellofemoral joint mobility
- ☐ Avoid high velocity / amplitude / intensity exercise such as throwing, running, jumping, plyometrics or heavy weight lifting
- ☐ Avoid post-activity pain

➤ **Exercise progression**

- ☐ Stretching exercises for the affected muscle-tendon unit at least once a day, 3-4 reps, holding for 20-30 seconds
- ☐ Joint mobilization as needed to restore normal joint mechanics
- ☐ Strengthening with emphasis on isometric and concentric activities initially and with eccentric progression as symptoms allow: single leg press for the knee – 3-4 sets of 6-12 reps at moderate intensity
- ☐ Balance and proprioception activities: joint reposition drills for the upper extremity; single leg stand and balance board drills for the lower extremity
- ☐ Core strengthening

➤ **Cardiovascular exercise**

- ☐ Non-impact activities with progressive resistance, duration, and intensity: elliptical trainer, stationary bike, deep water running

PHASE III – Advanced Strengthening and Endurance Training (Weeks 6 to 12)

Weeks 6 to 12

- **Goals**
 - Good eccentric and concentric multi-plane strength and dynamic neuromuscular control to allow for return to work/sports
- **Exercise Progression**
 - Continued strengthening of the affected area with increases in resistance, repetition, and / or frequency
 - Impact control exercises with progression from single plane to multi-planar landing and agility drills with progressive increase in velocity and amplitude
 - Sport/work specific balance and proprioceptive drills
 - Continued core strengthening
 - Return to sport programs (throwing, running, etc.) with symptom / criteria based progressions
- **Return to Sport/Work Criteria**
 - Good dynamic neuromuscular control with multi-plane activities and without pain
 - Approval from the physician and/or sports rehabilitation provider