

PATELLAR TENDON PRP INJECTION

PHYSICAL THERAPY PROTOCOL

KEY POINTS

- ⇒ Level of pain should remain less than 5/10; some pain throughout all phases is to be expected.
- ⇒ Gradual loading rehabilitation is equally as important to the healing process as the injection itself.
- ⇒ Some degree of inflammation from the PRP injection is to be expected.
- ⇒ Improvements can extend 4-5 months post injection.

	Time Frame (Weeks)	Guidelines
PHASE I	0 to 2	<p>CRUTCHES: PWB x 1 week to manage pain CRYOTHERAPY: <u>No more than 1x/day</u> to reduce pain</p> <p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Gentle flexibility: Heel slides, seated ROM off table • Quad sets • Stationary bike, no resistance • Straight leg raises, all directions
PHASE II	2 to 4	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Reintroduce double leg closed chain exercises: BW squats, light leg press • Progress to single leg closed chain loading: step-ups, partial lunge, single leg squat • Proprioception drills • Stationary bike, resistance as tolerated
PHASE III	4 to 6	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Eccentric loading exercises 2-3x/week: Decline board double/single squat • General reconditioning of lower body • NO open chain leg extension; specifically avoiding last 10° of full extension • Core program
PHASE IV	6+	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Increase frequency of eccentric loading exercises • Continue core/lower body conditioning • Begin walk/jog intervals • Agility ladder series • Jump progression • Return to sport