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