

## 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	<b>CRUTCHES:</b> PWB x 1 week to manage pain <b>CRYOTHERAPY:</b> <u>No more than 1x/day</u> to reduce pain  <b>EXERCISE PROGRESSION</b> <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>
PHASE II	2 to 4	<b>EXERCISE PROGRESSION</b> <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>
PHASE III	4 to 6	<b>EXERCISE PROGRESSION</b> <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>
PHASE IV	6+	<b>EXERCISE PROGRESSION</b> <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>