



## Adductor Tendon PRP Protocol

### Phase I – Protection

This protocol can be modified at week 3 if doing well and can tolerate the next phase. The earliest he is allowed to finish this process is 5 weeks.

#### GOALS-

- Protect injection site
- Begin to address muscular imbalances

#### **Days 1-6:**

- No ice
- No NSAIDS
- Avoid aggressive stretching
- Day 1-2: Normal weight bearing  
Gentle stretch only
- Day 3
  - Weight shifts → single leg balance
  - Begin balance/neuromuscular control exercises as weight bearing allows
  - Begin TA/multifidi contractions
- Day 4: Begin quadriceps and gastroc/soleus flexibility
  - Utilize a variety of flexibility/soft tissue mobilization techniques, however avoiding adductor contraction
  - ART, PRT, strain-counter strain, PNF stretching, self-myofascial release, instrument assisted soft tissue mobilization, etc. as appropriate

#### **Criteria to Enter Phase II:**

- Full weight bearing, pain free ambulation

### Phase II – Flexibility

#### GOALS-

- Address muscular imbalances
- Develop neuromuscular control of trunk, pelvis, and lower extremity
- Regain pain-free isometric strength

#### **Week 2:**

- Continue to avoid ice and NSAIDS
- Continue to avoid aggressive hamstring stretching
- May begin stationary biking for ROM

- Continue quad and gastroc/soleus flexibility
- Begin hip flexor and adductor flexibility
  - Continue to utilize a variety of flexibility techniques
    - Kneeling hip flexor stretch w/ anterior pelvic tilt and glute max contraction
  - Flexibility work may be done several times per day
- Continue balance/neuromuscular control exercises- avoid excessive adductor contraction
- **Static adductors (lying supine-force should be below pain threshold)**
- Progress core stabilization- avoid excessive hamstring contraction
  - Quadrupeds, standing rows with continued emphasis on TA/multifidi

**Week 2: If he is tolerating the prior phase well and no pain progress to this stage on day 10**

- May increase biking for warm up and low intensity cardiovascular fitness
- Continue to avoid ice and NSAIDS
- Continue flexibility, balance/neuromuscular control, and core stabilization
  - Emphasize adductor max contraction for proper activation
- **Begin adductor isometrics: submaximal and pain-free**
  - Wobble board and gentle slide board as tolerated
- Begin light passive gluteal stretching

**Criteria to Enter Phase III:**

- Pain free isometric manual muscle testing

**Phase III – Strengthening/Mobilization**

**GOALS-**

- Continue to develop neuromuscular control
- Continue to address muscular imbalances
- Begin pain free aerobic activity
- Develop lower extremity strength

**Week 3:**

- Begin ice and NSAIDS if needed
- Progress gluteal flexibility utilizing a variety of flexibility techniques
  - Progress to functional stretches: avoid end range of motion
- Begin light *pain-free* aerobic activity: underwater treadmill/unweighted treadmill
  - Light jogging, side shuffles, low knee carioca, fast feet
- Progress strengthening to *pain-free*
  - Side lying adduction, glute bridges, double and single leg squats
- Progress core stabilization and balance/neuromuscular control exercises

**Week 4:**

- Progress *pain-free* CKC strengthening
- Continue to progress core stabilization and balance/neuromuscular control exercises
- Progress to land based aerobic activity as tolerated
  - Include boxer shuffles

**Criteria to Enter Phase IV:**

- Symptom free during all strengthening and aerobic activity
- Symptom free and 5/5 manual muscle testing in 90 degrees knee flexion

**Phase IV – Functional Activity**

**GOALS-**

- Begin sport specific functional activity with continued emphasis on neuromuscular control

**Week : If tolerating the prior phase without pain ok to progress to this at day 28**

- Begin running progression (water → land)
  - Progress previous aerobic exercises
  - Include accelerations/decelerations, A-skips, B-skips
- Begin controlled plyometrics with stabilization as tolerated
- Continue to progress strengthening exercises as tolerated
  - Continue to incorporate core stability and neuromuscular control

**Criteria to Enter Phase V:**

- Full strength with manual muscle testing
- Pain free forward and backward jogging – moderate intensity

**Phase V – Return to Sport Activity**

**GOALS-**

- Begin reintegration to sport participation

**Week 6:**

- Begin progression of sport specific drills and activities as tolerated
- Continue to progress as above
- Progress back to full sport participation as tolerated