



## Post-Operative Rehabilitation for Patellar Tendon PRP

### Phase I: Weeks 0-2

- Full weight bearing as tolerated. .
- ROM:
  - Full as tolerated
- Exercises\*\*\*
  - Week 1: Heels slides, quad sets, SLR, ankle pumps, heel props, patellar mobs , normalize gait
  - Week 2: Can start closed chain quad strengthening as tolerated (step downs, gentle leg press, shuttle press)
    - Step Down progression:
      - Start with 2 in step with 20 repetitions
      - When 50 repetitions of step downs are easy, progress step height 2 in
      - Step down exercises should be performed at home 4-6 times daily
      - Repeat until 10 in step is achieved
- All exercises should be pain free and ADL's should be pain free before progressing.

### Phase II: Weeks 2-6

- Full Weight bearing
- ROM
  - Full
- Exercises:
  - Add heel raises and closed chain quad exercises if not already initiated (Squats, leg press, lunges, etc) with low weight, high repetition (Starting at 20 reps and increasing to 50 reps as tolerated). Should be pain free before progressing.
  - Continue with step down progression
  - Add Core/glute exercises
- Continue with patellar mobilizations and initiate scar massage once incision has completely healed.

### Phase III: Weeks 6-12

- ROM: Full
- Exercises:
  - Progress closed chain activities

- Begin hamstring work; lunges/leg press 0-90°
- Proprioception/balance exercises
- Progress core/hip/glutes exercises
- May begin elliptical, stationary bike and/or stair master when patient has achieved full ROM, normalized gait and step down progression is easy.
- May begin swimming after 6 weeks as tolerated
- After weeks 8-12 may progress sport specific drills if exercises pain free and quad strength 85% of contralateral leg.

**Phase IV Weeks 12-20**

- ROM: Full
- Exercises
  - Progress Phase III exercise and functional activities
  - Continue with core/hip/glutes strength
  - 12-20 weeks: Return to sports when all rehab activities are pain free, able to perform sport specific activities pain free and has been cleared by MD.

\*\*\*Exercise Guidelines: Patient should exercises to the point of fatigue and possible ache/burning at operative site, never to the point of pain. This ache should subside after 20 min of icing and completely gone before next rehab session.