



Ultrasound-guided PRP/Tenotomy Protocol: Quad/Patella Tendinopathy

Return to Play Protocols Weeks 6-8: No painful activities, no post-activity soreness >24 hours, no pain with running. There should be a gradual return to sport activities.

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 0 – 1	• Protect affected site • Reduce pain and swelling • Safe use of crutches	• No use of NSAIDs or ice for 4 weeks • NWB with crutches for 4 days • Knee immobilizer for 1 week	• Rest • Begin gentle active knee ROM • Gait training with crutches
Weeks 1 – 2	• Reduce pain and swelling • Restore active knee ROM • Progress weight bearing	• No use of NSAIDs or ice for 4 weeks	• Rest • Continue knee ROM • Begin core strengthening • Initiate lower limb strengthening • Upper Body Aerobic and Strength Exercises • Blood Flow Restriction (Optional)
Weeks 2 – 4	• No pain or swelling • Full, active knee ROM • Continue weight bearing progression • Focus is on improving strength • Increase tendon tolerance to daily activities	• No use of NSAIDs or ice for 4 weeks	• Continue active knee ROM as needed • Joint mobilizations as needed • Begin isometric knee strengthening • Core strengthening • Lower limb strengthening • Begin non-impact aerobic exercise (stationary bike, UBE, • Optional modalities if available / as indicated: BFR therapy Anti-gravity treadmill for walking gaitPool once incision is healed and cleared by physician • BFR therapy • Anti-gravity treadmill for walking gait • Pool once incision is healed and cleared by physician
Weeks 4 – 6	• Normalize, independent walking gait • Progress knee strengthening exercises • Initiate balance/proprioception • Begin functional activities	• Avoid exercises where pain >4/10	• Progressive knee strengthening with resistance bands • Gait training progressing to independent • Global lower limb strengtheningBegin functional strengthening exercises (bridge, mini-squat, step up, etc) • Begin functional strengthening exercises (bridge, mini-squat, step up, etc) • Double and single limb balance/proprioception • Core strengthening • Aerobic training: Walking program when walking with normal gait mechanicsStationary bike • Walking program when walking with normal gait mechanics • Stationary bike



TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Weeks 6 – 8	• No pain with ADLs • Return to sport exercises • Increase intensity of knee strengthening exercises • Begin balance/proprioception • Increase functional activities • Begin low level plyometric exercises	• Progress to high impact/intensity exercise such as running, jumping, and heavy weight lifting • Avoid exercises where pain >4/10	• Increase loading capacity for lower limb strengthening exercises • Continue balance/proprioceptive training • Core strengthening • Begin double and single limb strengthening on leg press • Load knee tendons