

## Physical Therapy Prescription Chronic Patellar Tendinopathy

Patient Name:

Today's Date:

Dx: ( LEFT / RIGHT ) Anterior Knee Pain

Pathology: CHRONIC PATELLAR TENDINOPATHY

### RESISTED LEG RAISES

- Hip Adduction, Abduction, Extension (With Thera-band if tolerated)
- Pelvic control program, focus posterior chain

### PRE Progression - \*\*EMPHASIZE ECCENTRIC EXERCISE PROGRAM\*\*

- Eccentric closed chain Isotonics – Step-downs, Short arc squats with heels raised, decline lunge
- Eccentric open chain Isokinetics

\*\* Progress arc as tolerated in later stages of rehab

### FLEXIBILITY AND MOBILITY EXERCISES

- Achilles
- Hamstrings
- Medial/Lateral Hip/Thigh
- Quadriceps
- Iliotibial Band / TFL
- Lateral Retinacular stretching, Medial glide

### OTHER THERAPEUTIC ACTIVITIES

- Assess for Patellar compression benefit (Cho-Pat)
- Retro ambulation (add resistance as strength and control improve)
- Calf and Hip PRE's – emphasize Hip external rotation, extension and abduction strength
- Short crank bicycle
- Cross friction massage and Graston/ASTYM
- Muscle endurance activities
- Functional closed chain exercises for Quadriceps strengthening
- Nordic track
- Progress to Stairmaster / Versaclimber, short arc
- Thermotherapy and Modalities prn
- Foot intrinsic strength to limit rate of pronation
- Assess posture and functional movement patterns. Corrective exercise as needed
- Neuromuscular re-education to achieve proper coordination of hamstrings, glutes and quads

**UNDERLYING PHILOSOPHY: Minimize compressive forces and exercise Quadriceps in pain-free arcs, advancing arc as tolerated.**

**Frequency & Duration:** (circle one) 1-2 2-3 x/week for \_\_\_\_\_ weeks Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**