

Physical Therapy Prescription Chronic Patellar Tendinopathy

Patient Name:

Today's Date:

Dx: (LEFT / RIGHT) Anterior Knee Pain
Pathology: CHRONIC PATELLAR TENDINOPATHY

MANUAL OKC ECCENTRICS of QUAD

Knee extension eccentrics

PRE Progression - **EMPHASIZE ECCENTRIC EXERCISE PROGRAM**

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

Eccentric open chain knee extensions.

** Progress arc as tolerated in later stages of rehab. MUST HAVE PROGRESSIVE OVERLOAD TO QUAD

FLEXIBILITY AND MOBILITY EXERCISES

Achilles

Quadriceps

OTHER THERAPEUTIC ACTIVITIES

- Assess for Patellar compression benefit (Cho-Pat)
- HIP HINGE strengthening exercises (Dead-lift, Bridge, Weighted Hip Thrusters, Nordic HS)
- Short crank bicycle to warm up
- Cross friction massage and Graston/ASTYM – Should alternate between short manual therapy sessions and exercise. 30s to 1 min of manual then transition to exercise, repeat.
- LE PUSH strengthening exercises (Squat, Step down, Leg Press, Total Gym)
- Progress to descending Stairmaster
- 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

Each session of therapy should have an increase in resistance or reps.

UNDERLYING PHILOSOPHY: Tendon must be loaded and exercise Quadriceps. Exercises should cause pain in the 4-6/10 range. MUST PROGRESSIVELY OVERLOAD WHILE ALLOWING FOR RECOVERY FROM STRESS

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

**Please send progress notes.

Physician's Signature: _____ **M.D.**