

| Patellar & Quadriceps Tendinopathy Tenotomy Rehabilitation Protocol |                   |   |   |
|---|-------------------|---|---|
| Phase of Healing  | Time Frame        | Restrictions  | Rehabilitation  |
| Phase 1:<br>Inflammatory  | Days 0-5          | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- Non weight bearing for 4 days with crutches</li> <li>- Knee immobilizer for 1 week</li> <li>- Day 5: slowly progress to toe touch weight bearing with crutches</li> </ul> | <ul style="list-style-type: none"> <li>- Rest</li> <li>- Acetaminophen as needed for pain</li> <li>- Day 4: begin gentle knee ROM 4 times per day</li> </ul>  |
| Phase 2:<br>Proliferative   | Day 6 -<br>Week 2 | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- Slowly wean off crutches after day 7</li> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>  | <ul style="list-style-type: none"> <li>- Continue gentle ROM of the knee, 4 times per day</li> </ul>  |
|   | Weeks 2 - 4       | <ul style="list-style-type: none"> <li>- No use of NSAIDs or ice</li> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>  | <ul style="list-style-type: none"> <li>- Continue gentle ROM as needed to regain full ROM</li> <li>- Begin isometric knee strengthening and lower limb strengthening</li> <li>- May begin low impact aerobic exercise (stationary bike, pool, etc)</li> </ul> |
|   | Weeks 4 - 6       | <ul style="list-style-type: none"> <li>- Avoid painful exercises with pain more than 3 out of 10</li> </ul>   | <ul style="list-style-type: none"> <li>- Progressive strengthening exercises for knee and lower limb</li> <li>- Balance and proprioception training</li> <li>- Progress aerobic exercise</li> </ul>   |
| Phase 3:<br>Remodeling  | Weeks 6+          | <ul style="list-style-type: none"> <li>- Activities as tolerated</li> </ul>   | <ul style="list-style-type: none"> <li>- Continue strengthening program and progressive loading</li> <li>- Begin sport specific activities</li> </ul>   |
| NSAID (Nonsteroidal anti-inflammatory drug); ROM range of motion    |                   |   |   |