

# PHYSICAL THERAPY PRESCRIPTION



UC Irvine Health

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PATIENT STICKER

## PATELLAR TENDINOPATHY PHYSICAL THERAPY

**Side:**  Right  Left  Bilateral

**Diagnosis:** Chronic Patellar Tendinosis

### RESISTED LEG RAISES

- SLR @ 15 degrees – Perform in neutral rotation with leg externally rotated
- Hip Adduction, Abduction, Extension, Flexion
- Knee Flexion

### PRE PROGRESSION (EMPHASIZE ECCENTRIC EXERCISE PROGRAM)

- Multiple angle Isometrics
- Eccentric closed chain Isotonics
- Concentric closed chain Isotonics – i.e. Step-ups, Short arc squats
- Eccentric open chain Isokinetics
- Concentric open chain Isokinetics, submaximal
- Eccentric open chain Isotonics – i.e. Knee Extension
- Concentric open chain Isotonics, submaximal
- Concentric open chain Isotonics, maximal

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

### FLEXIBILITY EXERCISES

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

### OTHER THERAPEUTIC ACTIVITIES

- Assess for Patellar taping benefit
- Retro ambulation
- Calf and Hip PRE's – emphasize Hip external rotation strength
- Short crank bicycle
- Electrical stimulation
- Muscle endurance activities
- Functional closed chain exercises for Quadriceps strengthening
- Nordic track
- Progress to Stairmaster / Versaclimber, short arc
- Cryotherapy and Modalities prn

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

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

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