

**Patellar Tendonitis Protocol
Dr. Schaap**

Time Frame	Treatment	Goals
Phase 1	<ul style="list-style-type: none"> -Use of crutches to normalize gait -Anti-inflammatory pain modalities (ionto/Phono, etc) -Ice, compress and elevate -Brace per physician -Thorough evaluation of hip, knee, ankle and foot 	<ul style="list-style-type: none"> -Reduce pain back/inflammation -Increase flexibility of quadriceps, hamstring and calf muscles -Education in home exercise program -Return to preinjury activities pain-free
Phase 2 (Advance from phase 1 when walking is pain-free)	<ul style="list-style-type: none"> -Continue anti-inflammatory pain modalities prn -Continue ROM stretching -Begin soft tissue mobilization (cross friction massage) -Begin eccentric quadricep exercises (3 sets of 15) -Begin pain-free, nonimpact aerobic endurance exercises (high rpm, low resistance stationary biking, swimming, elliptical low resistance) 	
Phase 3 (Advance from phase 2 when nonimpact activities are pain-free)	<ul style="list-style-type: none"> -Continue stretching -Continue eccentric strengthening -Begin pain-free concentric exercises (leg press, leg curl, hip abd, calf raise, etc) -Begin pain-free functional exercises -Return to ADLs/sports 	