

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
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PATELLAR TENDONITIS NON-OPERATIVE PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Patellar Tendonitis

WEEK 1:

Restrictions:

No jumping or running, can ride bike, do pool work
No sports specific training

Exercises:

Around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)
Eccentric squats on Total Gym / Shuttle on decline board 15 reps × 3 sets 1-2x a day

Transverse Friction Mobilization:

5-10 minutes firmly 1-2x a day

Stretching (30 secs × 3-4x):

Hip flexors, quadriceps, hamstrings, & heelcords before / after activity

WEEK 2:

Restrictions:

No jumping or running, can ride bike, do pool work
No sports specific training

Exercises:

Around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)
Eccentric squats on Total Gym / Shuttle on decline board 15 reps × 3 sets 1-2x a day

Transverse Friction Mobilization:

5-10 minutes firmly 1-2x a day

Stretching (30 secs × 3-4x):

Continue stretching as above

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WEEK 3:

Restrictions:

Begin jumping squats in short range on Total gym / Shuttle
No sports specific training

Exercises:

Around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)
Eccentric squats on Total Gym / Shuttle on decline board 15 reps × 3 sets 1-2x a day
Progress to upright decline board squats

Transverse Friction Mobilization:

5-10 minutes firmly 1-2x a day

Stretching (30 secs × 3-4x):

Continue stretching as above

WEEK 4:

Restrictions:

Cycle, exercise in water
Begin eccentric step downs standing (no step)
No sports specific training

Exercises:

Upright squats on decline board double leg to single leg; add 10 # to backpack
Around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)

Transverse Friction Mobilization:

As needed

Stretching (30 secs × 3-4x):

Continue stretching as above

WEEK 5:

Restrictions:

Begin eccentric step downs on 4" step
No sports specific training

Exercises:

Upright squats on decline board double leg to single leg; add 20 # to backpack
Continue around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)
Begin jumping squats on Total Gym / Shuttle with both legs

Transverse Friction Mobilization:

As needed

Stretching (30 secs × 3-4x):

Continue stretching as above

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WEEK 6:

Restrictions:

Begin eccentric step downs on 6" step
No sports specific training

Exercises:

Upright squats on decline board double leg to single leg; add 30 # to backpack
Continue around the world eccentric lowering leg raises (4 way) (increase weight by 1 # each week)
Jumping squats on Total Gym / Shuttle with both legs

Transverse Friction Mobilization:

As needed

Stretching (30 secs × 3-4x):

Continue stretching as above

WEEK 7:

Restrictions:

Begin eccentric step downs on 8" step

Exercises:

Upright squats on decline board double leg to single leg; add 40 # to backpack
Continue leg lifts with weights
Jumping squats on Total Gym / Shuttle with single leg

Transverse Friction Mobilization:

As needed

Stretching (30 secs × 3-4x):

Continue stretching as above

WEEKS 8-12:

Restrictions:

Progressive return to jumping / squatting / jump boxes
Begin sports specific training with gradual return to sporting events

Exercises:

Jumping squats on Total Gym / Shuttle with single leg
Upright squats on decline board with 50 #
Jumping squats one leg on Total gym / Shuttle with maximal resistance

Transverse Friction Mobilization:

As needed

Stretching (30 secs × 3-4x):

Continue stretching as above