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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.**