

Patellar Tendon Rehab After Needling

BEFORE PROCEDURE:

- 1) **NO NSAIDS or ASPIRIN** for 7-10 day prior to procedure (b/c platelet inhibition)
- 2) Secure help at home or work for after procedure. Walking even in immobilizer uncomfortable. Not advisable to drive.
- 3) Pre-procedure Musculo-skeletal Ultrasound to document anatomy and pathology.

DAY OF PROCEDURE:

May pre-medicate with Tylenol.

May eat & take your routine meds (unless it is coumadin, plavix, or any NSAIDS or Aspirin.)

Musculo-skeletal ultrasound will be preformed both pre-, during, and post-needling

Pressure dressing (ACE wrap) for 24-48 hrs

Knee Immobilizer 23hrs/day

Pain Control: Analgesia (Tylenol, Tramadol, vicodin)

No bathing

POST-PROCEDURE CHECK-UP:

Like to see patient back in 24-48 hrs to see how they are doing.

Check for pain control and any signs of infection

No Ultrasound this day.

Knee Immobilizer 23hrs/day

May bathe now.

Start Home exercises: Prone and Supine Leg Lifts

Analgesia (Tylenol, Tramadol, vicodin)

1 WEEK POST-PROCEDURE VISIT:

Start formal Physical Therapy: (PROM, Modalities)

Out of Knee Immobilizer: Flex from 0o - 45o

Analgesia (Tylenol, Tramadol)

Musculoskeletal Ultrasound will be performed

2 WEEK POST-PROCEDURE VISIT:

Hinged Brace: full ext: Flex from 0o- 60o

Physical Therapy: Pool therapy, PROM à AROM

Once pain-free with PROM progress to AROM

Musculoskeletal Ultrasound will be performed

3 WEEK POST-PROCEDURE for PT:

AROM in Biodex à cybex

Once pain-free with PROM progress to AROM progress to strength (Eccentric)

Brace off during PT and sleeping

Out of Brace totally by end of week 3

3-5x weeks for eccentric

Stationary Bike no resistance

4 WEEK POST-PROCEDURE VISIT:

Strengthen in Training Room Eccentric and Concentric exercises

Attempt light jog on treadmill

May start using ICE sparingly post-PT/ training

Musculoskeletal Ultrasound will be performed

5 WEEK POST-PROCEDURE VISIT for PT:

Sport-specific drills, faster pace with running (but not all out)(75%)

6 WEEK POST-PROCEDURE VISIT:

Musculoskeletal Ultrasound will be performed

Start Plyometrics in Physical Therapy: all out running (100%)

RETURN TO FULL ACTIVITIES

1 WEEK POST-PROCEDURE VISIT:

Start formal Physical Therapy: (PROM, Modalities)

Out of Knee Immobilizer: Flex from 0o - 45o

Analgesia (Tylenol, Tramadol)

Musculoskeletal Ultrasound will be performed

2 WEEK POST-PROCEDURE VISIT:

Hinged Brace: full ext: Flex from 0o- 60o

Physical Therapy: Pool therapy, PROM à AROM

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