
Education

Patellar Tendon Rehab After Needling Complete

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 performed 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 à 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

Patellar Tendon Rehab After Needling-1 Week Post-Procedure

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

Patellar Tendon Rehab After Needling-2 Week Post-Procedure

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

Patellar Tendon Rehab After Needling-4 Week Post-Procedure

4 WEEK POST-PROCEDURE VISIT:

Strengthen in Training Room Eccentric à 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%)

Patellar Tendon Rehab After Needling-6 Week Post-Procedure

6 WEEK POST-PROCEDURE VISIT:

Musculoskeletal Ultrasound will be performed

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

RETURN TO FULL ACTIVITIES