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Patella Tendinopathy PRP Post-Injection Protocol:

- No anti-inflammatories for approximately 4 weeks after use
 - o Discuss use with MD on as needed basis
 - o Tylenol ok
- No ice for first 48 hrs and avoid if possible afterwards
- Limit use of the knee for at least 24hrs
- Depending on symptoms, rest knee up to two weeks post injection

Exercise:

- Start with simple warm ups
- Lower extremity stretching
- Start formal eccentric program
 - o 3 sets, 15 reps, twice a day for 6 to 12 weeks (Alfredson protocol from literature states 12 weeks)
 - o Start on flat surface and progress to a 25° decline board
 - Warm up as needed
 - Eccentric (downward) component done with injured leg
 - Concentric (upward) done with asymptomatic leg
 - Back vertical
 - 2 sec for eccentric descent
 - Knee to 90 °
 - Stop only if pain becomes disabling
 - When athlete determines pain < 3 out of 10, add weight starting at 10lbs and progress up but not exceeding pain scale of 5 out of 10.
 - Maintenance program of twice a week after resolution
 - o Expect muscle soreness for 1 – 2 weeks
 - o May take up to 6 – 8 weeks to return to running and unrestricted sports