



Physical Therapy Tendinopathy Protocol

General Guidelines:

- Isometrics are used for pain modulation
- No loading past neutral with insertional tendinopathies during the first 6 wks of isotonic loading
- Do not stretch acute tendinopathies
- Exercise prescription should not increase pain by more than 2-3 points on the VAS and pain should return to baseline in <24 hours
- Educate patients on realistic timeframes for recovery- 6-12 months
- Identify Centralized Sensitization early in chronic tendinopathy patients or those who are not improving quickly with isometrics and have unusual provocation of symptoms not related to energy storage loads

**Physical Therapy
Tendinopathy Protocol**

	Intervention	Milestones
Phase I – Isometric Loading for Usually 1-2 wks	Mid ROM isometrics 5 reps 45 sec hold 2 min rest 1-3 times/day, start at 40% progress to 70%	Decrease in pain with all ADL's Tolerate isometric load without reactive pain (<3/10) and return to baseline in 24 hours
Phase II- Isotonic Loading for 12 wks	Eccentric 3x15 and HSR (Heavy Slow Resistance) 3-4 sets starting with 15reps progressing to 6 reps every other day Start in mid range and progress to full range *if insertional tendinopathy- no loading past neutral	No pain with ADL's Equal strength 1 rep max No reactive pain lasting >24 hours and <3/10
Phase III- Address aberrant movement patterns (start addressing during phase II)	Mobilization, stretching, motor control up and down kinetic chain	Single leg squat with good motor control bil Pass CKCUET with good motor control Y balance 94% limb symmetry index
Phase IV- Energy-Storage Loading (power/plyometric) for 12 wks	Progression of plyometric ex, bil->single leg->sagittal plane->frontal plane Progression of power ex (increase speed with load) Progress volume first, then intensity Exercises to be done every 3 days	Pass appropriate selected function tests for return to sport Minimal to no pain with volume and intensity needed for sport/activity
Phase V- Return to Sport	Return to sport activity every 3 days	No provocation of symptoms in 24 hours

*Recommend no >3 high intensity training or activity involving energy storing exercises in one week for the first year with return to play

(JOSPT Oct 31, 2015; Wexner Medical Center 2017)