



Moderate TenJet + PRP injection guideline

Individual patient circumstances may affect the guideline
(size of disrupted tissue, additional procedure, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-4	<ul style="list-style-type: none"> • Protect tissue for proper inflammatory response • Control pain • Maintain motion 	<ul style="list-style-type: none"> • NWB for LE, sling for UE <ul style="list-style-type: none"> ○ <i>Per physician</i> • Avoid NSAIDs • Avoid STM over area • Boot with ambulation 	<ul style="list-style-type: none"> • Passive or active ROM of joint • Cardio: Light cycling or swimming
Weeks 4-6	<ul style="list-style-type: none"> • Initiate formal therapy • Improve muscular endurance and strength • Improve neuromuscular control • Achieve full ROM 	<ul style="list-style-type: none"> • Avoid eccentrics or plyometrics • At 4 weeks, follow-up with physician to determine progress • Avoid excessive loading specific area until physician follow-up 	<ul style="list-style-type: none"> • Initiate low load, high volume strengthening <ul style="list-style-type: none"> ○ Weeks 4 <ul style="list-style-type: none"> • Lower extremity <ul style="list-style-type: none"> ○ Multi-angle quadriceps or hamstring isometrics ○ Open chain knee extensions with low load ○ Straight leg raise ○ Prone hamstring curl ○ Clamshells, fire hydrants, etc. • Upper extremity <ul style="list-style-type: none"> ○ Initiate AROM ○ Submaximal isometrics ○ Week 6 <ul style="list-style-type: none"> • Lower extremity <ul style="list-style-type: none"> ○ Step-up progression, lateral step down ○ Mini-squats, wall sits ○ DL press to tolerance • Upper extremity <ul style="list-style-type: none"> ○ Initiate loading with 1-2 pounds ○ Push-up progression ○ Prone/side plank • Cardio: bike, swimming, elliptical, Alter-G and aquatic walking (if applicable)
Weeks 6-12+	<ul style="list-style-type: none"> • Excellent control with multiplanar movements and pain-free • Strength deficits < 20% on isometric testing • Meet all prior return to activity criteria 	<ul style="list-style-type: none"> • Progression of load with tension on tendon should be considered in those with debridement procedures in addition to loading percentage (i.e. depth of squat or heel raise) • Progress to running, jumping, cutting pending return to sport testing • Review physician note for tendon healing 	<ul style="list-style-type: none"> • Utilize PRE for strengthening as tolerated • Utilize high volume (15+ reps) progression towards moderate (8-15) to low (4-6) loading • After loading progression - Initiate plyometrics <p>Around week 12</p> <ul style="list-style-type: none"> • Return to running program • Initiate movement progression • Initiate return to throwing program

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.