



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

PATELLAR / QUADRICEPS TENDINITIS (NON-OP)

NON-OP PHYSICAL THERAPY PROTOCOL

Bryan M. Saltzman, M.D.

Indiana University Health Physicians

Assistant Professor of Orthopaedic Surgery, Indiana University
Sports Medicine, Cartilage Restoration, Shoulder/Elbow

IU Health Methodist Hospital – 1801 N Senate Ave, Indianapolis, IN 46202

IU Health North – 201 Pennsylvania Pkwy #100, Carmel, IN 46280

317-944-9400

www.bryansaltzmanmd.com

Patient Name: _____ **Date:** _____

Evaluate and Treat

Provide patient with home program

Frequency: 2-3 x/week x 6 weeks

Modalities:

Phonophoresis with 0.05% Fluocinonide

Iontophoresis with 4mg/ml Dexamethasone



Ultrasound

Dry Needling*

Electrical Stimulation

Exercises:

Back Stabilization Program

PatelloFemoral Exercise

Hip Exercise Program

Special Instructions:

Eccentric quad / patellar tendon strengthening to tolerance

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary. This patient ___ would would not benefit from social services.

Date: _____

Bryan M. Saltzman, MD