



## **4-Phase Post Procedure Muscle/Tendon Rehabilitation Program for Regenerative Procedures- by Dr. Timothy Mazzola**

### **Phase 1: 1-2 weeks post procedure:**

- Isometric strengthening, muscle activation and firing of muscle tendon unit
- Joint mobilizations and gentle stretching of the muscle tendon unit
- Evaluate and treat other regional weaknesses and imbalances in the kinetic chain
- Desensitization of the tissues with deep tissue and myofascial release work

### **Phase 2: 2-6 weeks post procedure:**

- Progressive strengthening of the muscle tendon unit and regional muscles; fix atrophy
- Controlled low-load, high repetition concentric followed by low load eccentrics
- Tissue remodeling with deep tissue work in line with collagen fiber orientation of tendon
- Basic sport specific skills reintroduced without loading tendon significantly

### **Phase 3: 6-10 weeks post procedure:**

- More dynamic and balanced concentric and progressive eccentric loading of tendon
- Some early sport specific, less ballistic skill reintegration with moderate tendon loading
- Likely will need a recovery day after more significant loading

### **Phase 4: 8-12 weeks post procedure:**

- Return to sport-specific skills in a progressively more dynamic and ballistic fashion
- Progressively load tendon cyclically (recovery dictates daily vs every other day loading)
- May begin a phased return to running program if indicated (separate handout)
- Game/Activity simulation with therapist to recreate the environment

\*\*Consider progression to personal trainer if more training needed prior to return to sport

\*\*Note: Pain up to 3-4/10 is acceptable so long as it remits on the recovery day