



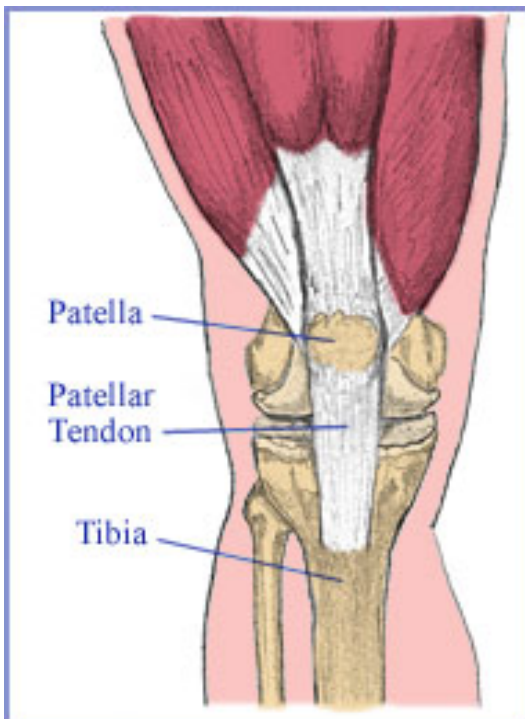
Performance
Physical Therapy

Care at its Best!
www.performanceptri.com

Patellar Tendonitis (Jumper's Knee)



The patellar tendon is the part of the quadriceps muscle that attaches the 4 part muscle to the tibia or shin bone. It is made up of tough bands of tissue and works together with the quadriceps to help the knee to extend or straighten out.



Patellar tendonitis is inflammation of this tendon and usually causes pain in the front of the knee. Pain typically increases with activity that places pressure on the tendon, such as kneeling.

Patellar tendonitis can occur with overuse/repetitive use of the knee with activities like jumping seen in field athletes, volleyball, soccer, and basketball hence the name 'jumper's knee'.

It can also occur from trauma to the knee and inadequate time given to heal as well as over training. Other contributing factors include loss of flexibility of the quadriceps, strength deficits, poor alignment, altered biomechanics of the foot altering the stress placed on the knee.

Treatment Tips:

1. Rest from activities that aggravate the symptoms to allow inflammation to resolve and healing to begin.
2. Ice for 15 minutes, multiple times through the day and after activity that typically increases symptoms to eliminate and prevent inflammation.
3. Stretch, stretch, stretch – focus on quadriceps stretches, hold for 30 seconds, multiple times per day to prevent shortening of the tendon when healing.
4. Gradual, pain free strengthening and return to activity.
5. Physical Therapy will incorporate modalities to assist with pain relief and inflammation, a progressive strengthening and stretching program specific to your needs, manual therapy to address mobility limitations and advice and guidance on return to full function.
6. At times a Chopat Strap/ Braces or Infrapatellar strap may be used to alter the forces placed on the tendon.
7. Orthotics may be recommended if foot biomechanics are contributing to the problem.
8. Anti-inflammatory medication may be prescribed by your doctor.
9. Don't ignore it – not addressing this problem in the short term may lead to a chronic, ongoing problem.

The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

Check us out online at: www.performanceptri.com