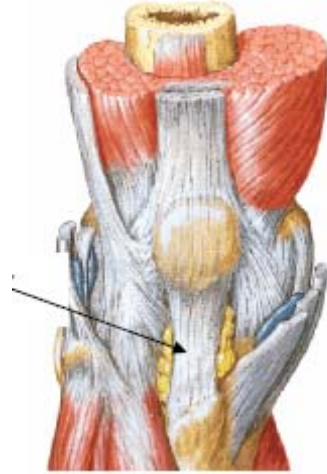


## PATELLAR TENDINITIS (Jumper's Knee)

- WHAT IS IT?

Patellar tendonitis is characterized by inflammation and pain at the patellar tendon (the tendon below the kneecap). This structure is the tendon attachment of the quadriceps (thigh) muscles to the leg. This structure is important in straightening the knee or slowing the knee during bending or squatting.



- SIGNS AND SYMPTOMS OF THIS CONDITION

- Pain, tenderness, and/or swelling over the patellar tendon, lower tip of the patella (kneecap), or at the tibial tuberosity (bump on the upper part of the lower leg).
- Pain and loss of strength (occasionally) with forcefully straightening the knee (especially when jumping or when rising from a seated or squatting position) or bending the knee completely (squatting or kneeling).
- Crepitus (a crackling sound) when the tendon is moved or touched.

- CAUSES

- Primarily an overuse condition.
- Repetitive jumping activities (such as in basketball or volleyball).

- WHAT CAN I DO TO PREVENT PATELLAR TENDINITIS?

- Appropriately warm up and stretch before exercise, practice, or competition.
- Allow time for adequate rest and recovery between exercise bouts, practices and competition.
- Maintain appropriate conditioning:
  - Cardiovascular fitness
  - Thigh and knee strength
  - Flexibility and endurance

- TREATMENT

- Rest – NO running, jumping, stair marching, or biking for exercise.
- Ice Massage over the patellar tendon 10 minutes 1-2 times per day.
- Change to a new pair of running shoes if indicated.

- SLOWLY progress back into jogging by alternating between walking and jogging every other day with a gradual increase in jogging distance and decrease in walking distance until performing straight jogging.
- If symptoms return after 3-4 weeks of rest, consult your primary care manager.