

WHAT IS THIS?

Patella tendinosis or “Jumper’s knee” describes pain over the front of the knee localized to the tendon which sits below the knee cap. The tendon below the knee cap joining the knee cap to the shin bone had been damaged,

WHY DOES THIS PAIN OCCUR?

This pain often occurs as a result of marked loading through the knee with jumping and landing – such as sports like basketball, volleyball, dancing or netball. This overloads the tendon and damage may result.

HOW DO I KNOW IF I HAVE PATELLA TENDINOSIS?

- You will feel pain on jumping and landing
- The pain will be localized to an area below the kneecap
- This painful area will be tender to touch
- You will only have pain on activity – not rest



HOW CAN PHYSIOONE ASSIST?

- With patella tendinosis there is a research based programme based on “eccentric strengthening” of the tendon. We are well skilled in delivering this programme
- Soft tissue massage to loosen the tight structures around the knee and hip
- Stretches to increase and maintain muscle length, particularly the quadriceps and hamstrings
- Exercises to target specific muscles which may be weak
- Mobilisation of the tendon
- Taping of the knee cap to help guide and hold it in a correct position
- Biomechanical correction of gait
- Biofeedback to the muscles to assist in reactivation