

Patellar Tendinopathy

Perform exercises 1, 2 and 3 with 3 sets of 10-15 reps

1.) Eccentric Quad Extension



- Stand upright on wedge so that heel is elevated 20-40°
- Transfer weight to the effected leg and bend other knee as shown above
- Slowly bend the knee to 80-90° (should take 5 seconds)
- Maintain upright posture while bending the knee. Torso should stay above the pelvis
- Once at the bottom, place both feet on the step and use both feet to raise back to the starting position and repeat
- **Perform this 2X/day, 7 days/week, 2 sets of 12 reps.**

You should continue despite pain, but stop if the pain is disabling. Increase load when pain is less than 4 out of 10.

2.) Quad Stretch



- Start side lying with unaffected side closest to the floor
- Take hold of the ankle to facilitate knee flexion
- Increase intensity of stretch if needed by tilting pelvis forward
- Use the opposite heel to apply pressure to the affected thigh in order increase the intensity of the stretch, as seen above
- Hold the stretch for 30-40 seconds