

Patellar Tendinitis

(Jumper's Knee)

What is it?

Inflammation of the patellar (tendon) ligament

What causes it?

Repetitive jumping and landing activities, running and kicking. Especially from repetitive or eccentric knee extension activity or kneeling.

Symptoms

Pain, generally below the knee cap. Swelling and tenderness around the tendon.

How to Treat it

RICER. Anti-inflammatories

Top Tips

Stop activities causing irritation. Use ice packs and anti-inflammatories to manage the pain.



Rehab & Prevention

Stretching the quadriceps, hamstrings and calves will help to relieve any pressure on the patellar tendon. Identify what caused the condition in the first place. Proper warm ups and cool downs. Support strap below the knee may be needed at first, to support the tendon during the initial return to activity. Strong quadriceps and a balance in strength in the muscles that support the knee.

Definitions

Inflammation – localised condition where part of the body become red, hot, swollen and painful due to injury or infection

Patellar (tendon) Ligament – a strong, elastic connective tissue which attaches bottom of knee cap/patella to top of shin bone/tibia. The patella is attached to the quadriceps by the quadriceps tendon.

Tendon - flexible, inelastic band of strong fibrous tissue attaching muscle to bone

Eccentric movement – the motion of an active muscle while its lengthening under load

RICER – rest, ice, compress, elevate and refer

Quadriceps – group of muscles found at the front of the thigh

Hamstrings – group of muscles found at the back of the thigh

Associated Conditions

- Medial Collateral Ligament Sprain (MCL)
- Anterior Cruciate Ligament Sprain (ACL)
- Meniscus Tear
- Bursitis
- Knee (synovial) Plica
- Osteochondritis Dissecans
- Patellofemoral Pain Syndrome
- Chondromalacia Patellae (Runner's Knee)
- Subluxing or Dislocating Knee Cap

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