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All you need to know about

Patellar Tendinopathy

Information brochure
Genumedi® PSS with
personal exercise programme



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Patellar Tendinopathy (Jumper's Knee)

Irritation of the patellar tendon

Patellar tendinitis is characterised by an overload of the patellar tendon. The pain manifests itself in the tip of the patella.

Patellar tendinitis is not uncommon if you play sports such as football and tennis with many “stop-and-go-movements”. It can occur in runners and particularly affects people participating in jump intensive sports, such as basketball and volleyball. This disease is therefore popularly known as jumper's or runner's knee.

At the beginning the pain usually occurs only after exercise, for example after playing a sport. Over time, those afflicted then begin to feel pain during sports or in simple everyday activities.

A sensation of pain in the lower part of the kneecap is felt especially when climbing stairs or after prolonged sitting.

Targeted training of the patellar tendon instead of non-use

Instead of taking a complete break from sports, it makes sense to work the patellar tendon and thus strengthen it for future stress. Studies¹ have demonstrated that eccentric exercise is particularly effective for treating this disease. We will show you how to train efficiently with the following exercise programme.

¹Visnes H., Bahr R., Br J Sports Med 2007; 41 (4): 217 – 223.

Eccentric exercises with patellar tendinitis

Monopod knee bends on the 25° decline board



Start position

Stand with the affected leg on the 25° decline board (facing downhill) and lift the other leg up. (Fig. 1)

Execution

- Perform a slow knee bend with the affected leg , (knee flexion up to max. 60°, Fig. 2).
- Hold for a short time in the final position (Fig. 2).
- Push yourself back up into the starting position with the other leg (Fig. 3).

Important: Make sure that your back is perpendicular to the ground. The affected leg should also not bend inwards (knock-knee).

More information on Genumedi PSS and the exercises can be found here: [medi.bw.de](https://www.medi.bw.de/)



Repetitions and sets

- First, start with one set (= 1 x 15 repetitions). Then increase to two sets (= 2 x 15 repetitions), later to three sets (= 3 x 15 repetitions) as soon as the previous stage is possible with no symptoms.
- Take one or two minutes to rest between sets.

Frequency

Exercise twice a day.

Duration

Perform the programme for at least 12 to 16 weeks.

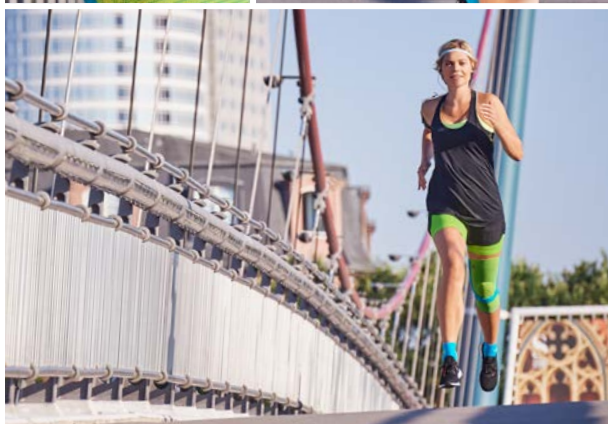
Progression

Increase the load gradually. Exercise with an additional weight (for example, a rucksack with weights) once you have become accustomed to the exercises.

Important information

When you perform the exercises, you may feel slight pain. The healing process lasts 12 to 16 weeks. Therefore you may not see any immediate improvement at first. Sometimes there may even be an initial worsening of the condition due to the unaccustomed load. If this is the case, you need to be patient and keep going. If the pain becomes too much, you can reduce the number of sets. However, if the pain does not lessen and occurs increasingly in everyday life, stop the exercises. We recommend you contact your doctor in this case.







Headquarters
medi GmbH & Co. KG
Medicusstraße 1
D-95448 Bayreuth
Germany
P +49 921 912-0
F +49 921 912-783
export@medi.de
www.medi.de/en



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