

medi

Patellar tendinitis

Therapy-supporting exercises

Please consult your doctor or therapist in advance.

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1. Cycling with one leg

Aim

Warm-up

Starting position

Lying with your lower back on the floor, propped up on your forearms

Exercise

- Bend the right leg and bring it upwards
- Circular movements with the right leg (pedalling in the air)
- Repeat the exercise with the left leg
- ✓ Keep the lower back on the floor



2. Eccentric knee flex with one leg with reclining board

Aim

Strengthening the anterior thigh muscles (quadriceps)

Starting position

- Stand upright on the board, reclined at 25°, on one leg, keeping the knee of the standing leg slightly bent
- Raise the other leg (one-leg standing position, Fig. 1)

Exercise

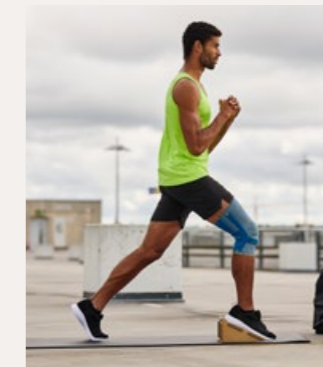
- Perform knee flexes up to 60° with the standing leg (Fig. 2)
- Now set your other leg on the floor, shift the weight onto

this leg and straighten it until standing upright

- ✓ Perform the exercise in a slow and controlled manner
- ✓ Avoid bringing your legs into an X-position

Variations

1. Easier: Perform the exercise on a flat, stable surface, without a reclining board
2. Easier: e.g. hold onto a hand rail or broom handle
3. Harder: Use additional weight



3. Side lunge with reclining board

Aim

Strengthening the anterior thigh muscles (quadriceps)

Starting position

- Stand upright on the board, reclined at 25°, with one leg, keeping your legs hip-width apart
- Take a long backwards lunge, keeping the heel of the rear leg off the floor
- Stay upright and keep your back straight (fig. 1)

Exercise

- Now lower your rear knee and bring your front knee forwards (fig. 2)
- Then raise your body once again
- ✓ Perform the exercise in a slow and controlled manner

Variation

Easier: Perform the exercise on a flat, stable surface, without a reclining board



4. Bridging

Aim

Strengthening the posterior thigh muscles (ischial muscle)

Starting position

- Lying on your back
- Place both feet firmly on the ground

Exercise

- Tense your buttocks and pull your abdomen towards your spine
- Now raise your pelvis upwards towards the ceiling

- Slowly bring your pelvis back down
- Then slowly raise your pelvis again
- ✓ Ensure you maintain the right distance between your heels and your buttocks
- ✓ When your pelvis is raised, the angle of your knee flexors should be about 90°
- ✓ Perform the exercise in a slow and controlled manner



5 a. Stretching the knee extensors

Aim

Stretching the anterior thigh muscles (quadriceps)

Starting position

- Lie on your side with the leg you wish to train on top
- Bring the lower leg forwards into a 90° angle

Exercise

- Bend the upper leg backwards
- Hold your foot in your hand and bring your heel up towards your buttocks until you can feel the stretch in your anterior thigh muscles



5 b. Stretching the hip flexors

Aim

Stretching the lumbar hip muscles (iliopsoas)

Starting position

- Perform another lunge
- Kneel with your rear leg on the floor
- ✓ Stay upright and keep your back straight

Exercise

- Using your hands, push your pelvis forwards until you feel a stretch in your groin
- ✓ Do not allow your knee to move past your toes
- ✓ If you experience discomfort in your kneecap, use a soft pad to perform this exercise



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You will find a video tutorial of the exercises at medi.biz/PSS





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