



medi

Guide

## Patellar tendinitis (PSS)

Information brochure with  
exercises to complement therapy



medi. I feel better.



## Patellar tendonitis (PSS) – the facts

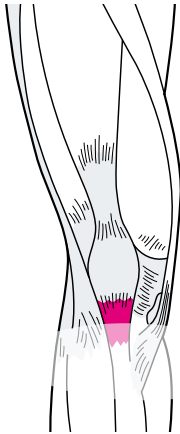
Patellar tendonitis (PSS) is the overloading of the tendon in the knee cap (patellar tendon) causing pain around the tip of the knee cap.

It is a common occurrence in sports involving frequent jumping (basketball, volleyball), with “stop-and-go” movements (football, tennis) and among runners. This disease is therefore also popularly known as jumper’s knee or runner’s knee.

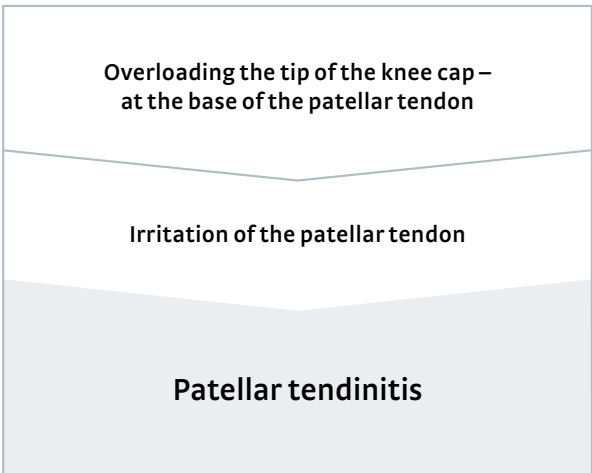


# Symptoms – signs of Patellar tendonitis

Symptoms generally start to appear only after the joints have undergone strain, for example, following sporting activities. Over time, those afflicted then begin to feel pain during sports or in simple everyday activities: in particular when climbing stairs or after prolonged sitting.



## Cause



Overloading the tip of the knee cap –  
at the base of the patellar tendon

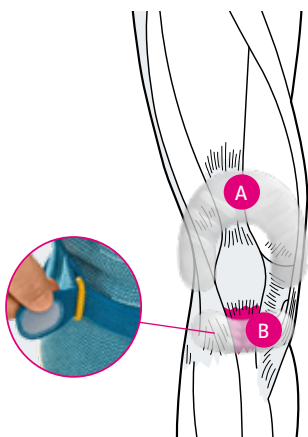
Irritation of the patellar tendon

Patellar tendonitis

# Treatment – effective support

Treatment of patellar tendinitis primarily entails conservative approaches, i.e. non-surgical methods.

Orthoses have proven to be an effective solution, such as the Genumedi PSS. It is able to stimulate the base of the tendon, enables a stable range of motion in the kneecap and reduces pain.



**A** A stable range of motion in the kneecap by means of a patellar dilator

**B** Stimulation of the patellar tendon through a special tendon dilator, a belt can be used to adjust the pressure applied to the tendon to your liking.

**Relieving the base of the patellar tendon  
+ reducing pain**



## Focussed training in Patellar tendinitis

Exercises to complement therapy are an effective addition to treatments. The aim of the exercises is to strengthen the muscles and tendons so that they are more capable of supporting the kneecap's range of motion.



### Your personal activity poster

This folding poster contains your personalised training programme for use at home. You can find videos for the exercises online at: [medi.biz/PSS](https://medi.biz/PSS)



Scan the QR code for further information on how to use the product or use the URL: [www.medi.biz/gen-pss-handling](https://www.medi.biz/gen-pss-handling)



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0097E44 / 09.2021