

Patellar and Quadriceps Tendonitis

Jumper's knee: home exercise program

Tendons get stronger with the right load and weaker with rest. This program loads your tendon in stages. Holds calm pain first, then slow heavy strength rebuilds the tendon, and then spring work gets you back to jumping and running. Tendons are slow: expect 3 months or more.

- Do Stage 1 holds daily. They can also be done before practice to ease pain.
- Do Stage 2 strength every other day, 3 times a week, using a load that feels heavy. Take 3 seconds down and 3 seconds up.
- Cut back on jumping for now, but don't stop all activity.
- Move up a stage when the current stage is easy and your pain the next morning is steady or improving.

Pain guide: Tendons need load to heal. Pain up to 5 out of 10 during these exercises is OK, as long as it settles by the next morning and isn't creeping up week to week.

STAGE 1: HOLDS Pick 1 or 2



Wall Sit Hold

Lean your back against a wall with your feet out in front. Slide down until your knees are bent partway, not all the way to 90 degrees. Hold.

**Do: Hold 45 seconds, rest 2 minutes.
Do 5 holds**



Spanish Squat Hold

Loop a strap or heavy band behind both knees and anchor it in front at knee height. Lean back into it and sit down with your shins upright. Hold.

**Do: Hold 45 seconds, rest 2 minutes.
Do 5 holds**



Leg-Straightening Hold with Band

Sit with a band looped from the chair leg behind you to your ankle. Straighten your knee partway and hold it against the band without moving.

**Do: Hold 45 seconds, rest 2 minutes.
Do 5 holds**

Use a band strong enough that the hold feels like hard work.

STAGE 2: SLOW, HEAVY STRENGTH Usually starts after 2 to 4 weeks



Split Squat

Stand with one foot forward and one back. Lower your back knee toward the floor, front knee over your ankle. Push back up.

Do: 8 slow reps x 3 sets, each side



Decline Squat

Stand on one leg on a slant board, toes pointing downhill. Slowly squat partway down, then back up.

Do: 8 slow reps x 3 sets



Leg Press (Gym)

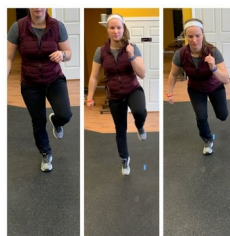
Sit in a leg press, feet hip-width apart. Lower slowly until your knees bend to about 90 degrees, then press back out.

Do: 8 slow reps x 3 sets

STAGE 3: SPRING When Stage 2 is heavy and pain-free**Calf Raise**

Hold a counter. Rise up onto your toes as high as you can, then lower slowly.

Do: 15 reps x 3 sets. Progress to fast, bouncy calf raises

**Single-Leg Hop**

Stand on one leg. Hop forward a short distance and land softly with your knee bent over your toes.

Do: 10 hops x 3 sets

**Side Hop and Stick**

Stand on one leg. Hop sideways over a line and land softly on the same leg. Hold still for 2 seconds.

Do: 10 hops each way x 2 sets

What comes next: Return to full jumping and sport when hopping is pain-free and your knee doesn't hurt more the next morning.

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.