



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

PATELLAR TENDONITIS

Home Exercises

Patellar Tendonitis is an overuse injury that causes inflammation of the tendon in front of the knee. It presents as pain just below the knee cap where the tendon attaches. When the tendon is inflamed, there can be increased pain with stair climbing, squatting, kneeling, and running.

Physical Therapy can be very beneficial in treating this condition. Physical therapists utilize a combination of manual techniques, modalities, exercises, taping, and home exercises to help resolve this condition. Some exercises might include strengthening, stretching, and balance activities.

QUAD SET - TOWEL UNDER KNEE - ISOMETRIC QUADS

Place a small towel roll under your knee, tighten your top thigh muscle to press the back of your knee downward while pressing on the towel.

Repeat 10 Times Hold 5 Seconds

Complete 3 Sets



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 5 Times Hold 30 Seconds



STRAIGHT LEG RAISE - SLR

While lying or sitting, raise up your leg with a straight knee. Keep both knees straight the entire time.

Repeat 10 Times

Complete 3 Sets



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times

Complete 3 Sets



SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times

Complete 3 Sets



STEP DOWN - LATERAL

Start with both feet on top of a step/box and on top of an unstable surface such as a foam pad. Next, slowly lower the unaffected leg off the side of the step/box to lightly touch the heel to the floor. Then return to the original position with both feet on the step/box.

Maintain proper knee alignment: Knee in line with the 2nd toe and not passing in front of the toes.

Repeat 10 Times

Complete 3 Sets



PRONE QUAD STRETCH

Lie down flat on your stomach. Wrap a strap (belt, towel, dog leash) around the top of one of your feet and pull the strap across your opposite shoulder so that your knee starts to curl up to your body. Pull until a stretch is felt across the front of your thigh.

Repeat 5 Times Hold 30 Seconds



ECCENTRIC LONG ARC QUAD

In a seated position on a stable high surface, use the uninvolved leg to push the involved knee up to an extended position. Slowly bring the leg down to flexed position.

Repeat 10 Times

Complete 3 Sets

