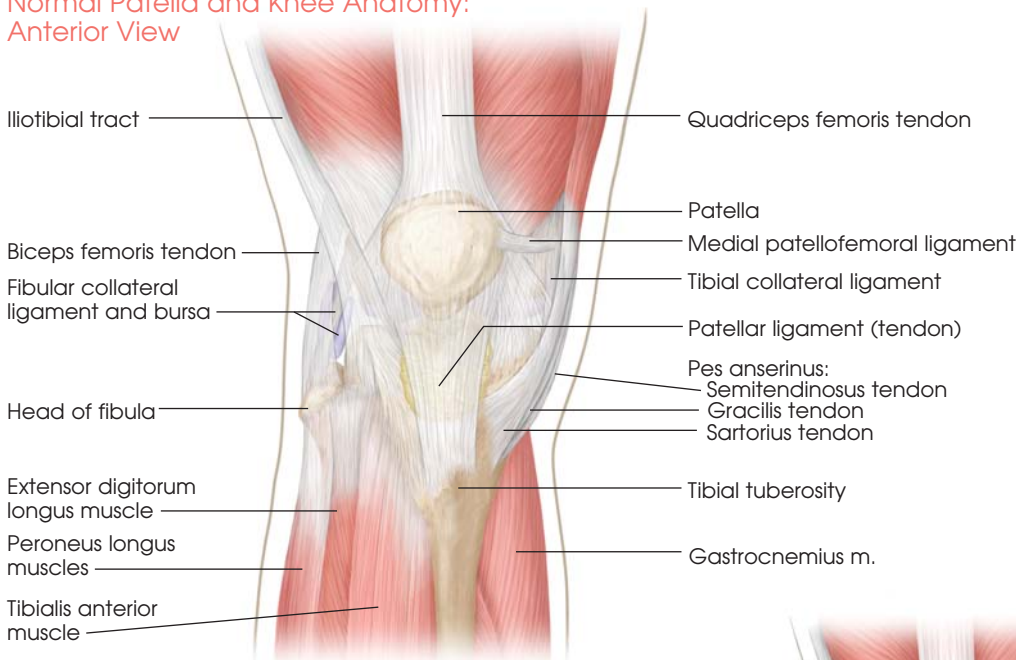
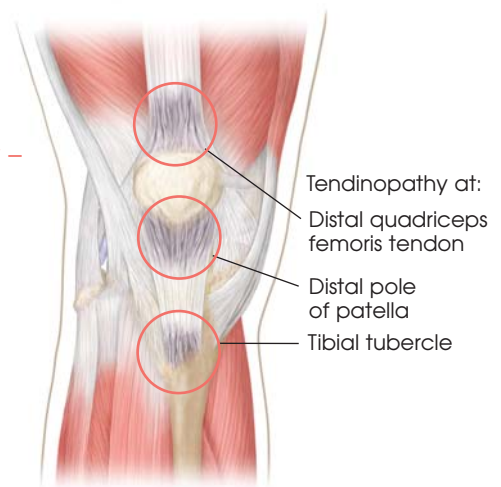


Patellar Tendinopathy: Jumper's Knee

Normal Patella and Knee Anatomy: Anterior View



Patellar Tendinopathy – Jumper's Knee



Patellar Tendinopathy, represents a pathologic change in the tendon that joins the knee cap (patella) to the shin bone (tibia). Microtears and collagen degeneration in the tendon are replaced by scar tissue and tendon cells experience a premature death. There is very little inflammation in the tendon; therefore, the term "tendonitis," which is sometimes used, is probably inaccurate. Symptoms include pain or tenderness around the tendon at the bottom of the kneecap, swelling, aching/stiffness and pain when bending or straightening the leg. This change is caused by chronic overuse in activities that require jumping and changing direction such as basketball, volleyball or soccer.

Common Treatment Options

Treatment options depend on the extent of the injury

- Apply ice packs to the knee for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Take anti-inflammatory medications such as ibuprofen or naproxen.
- Wear a brace to keep support the patellar tendon.
- While recovering, change to an activity or sport that does not make the injury worse such as swimming.
- Optimizing hamstring flexibility with stretching is the best rehabilitation technique.
- For more serious injuries, rehabilitation or surgery may be recommended.
- Core and gluteal strengthening and balance may also play a role in prevention.

