

# Patellar Tendinitis Exercise Handouts

Prepared by [Dr. Saint-Vil](#)

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Patellar tendinitis, also known as jumper's knee, is an inflammation of the tendon that attaches the kneecap to the shin. This condition is commonly thought of as a sports injury. The tendon collaborates with the muscles to extend the knee, which is necessary for activities such as running, jumping, and kicking. Pain in the patellar tendon is the result of inflammation of the tendon, which can range from mild to severe intensity depending on the severity of the inflammation. The condition is known as jumper's knee because it frequently occurs in people who participate in activities such as basketball, volleyball, long-distance running, long jump, mountain climbing, figure skating, or high-impact aerobics; hence the name.

The patellar tendon can become inflamed if the knee is overused or if it sustains many blows to the knee that are particularly forceful. Patellar tendinitis can be caused by activities like running, leaping, or other high-impact movements that are performed repeatedly. This can lead to a micro-failure of the tendon tissue, which in turn can lead to patellar tendonitis. Even minute tears in the tendon can cause significant damage to the knee, including weakness, edema, and inflammation.

Some exercises can help with patellar tendinitis. Many such exercises can be done readily at home without any specific equipment, like the exercises listed below.

- **Supine bridge**

**Step 1** – Tighten your abdominal and buttock muscles by pushing your low back to the ground.



**Step 2** – Raise your hips to create a straight line from your knees to your shoulders. Then, squeeze your core and pull your belly button back toward your spine.



**Step 3** – Hold for 25 to 30 seconds and lower the hips to return to the initial position.

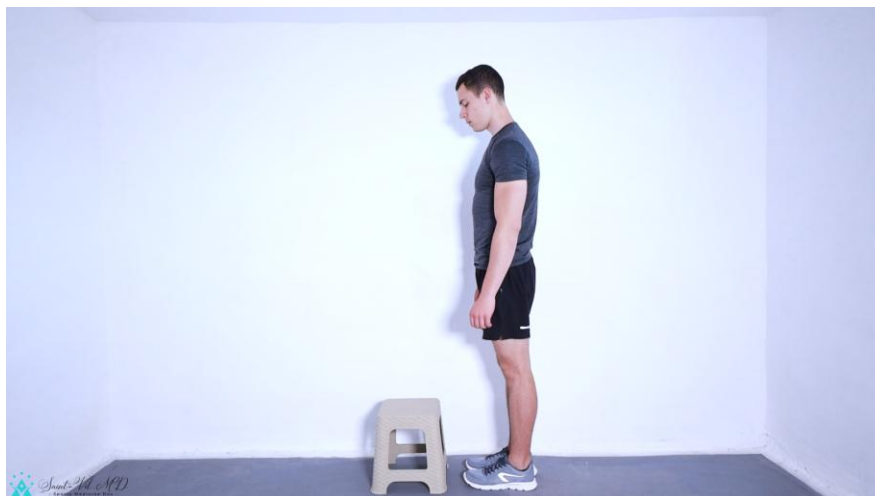
- Repeat 8-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Forward step up**

**Step 1** – You can either use step or box to do the exercise. First, step on the box with one foot, and then climb the box using the leg. When ending the motion, squeeze your glutes along with quads. Additionally, ensure that the spine remains straight during the exercise and that you do not bend.



**Step 2** – Slowly climb back by lowering your foot and pause for a second before repeating the motion.





- Repeat 8-10 times
- 3 sets in a row
- Once-daily
- 5 days a week

#### - **Single leg bridge**

**Step 1** – Raise your hips and tighten your abdominals and buttock muscles to support the lift until your shoulders and knees are straight. Next, tighten your core muscles simultaneously as if trying to pull your belly button back toward your spine.



**Step 2** – Stay in the position for just about a couple of seconds.



**Step 3** – Lower the hips to the floor slowly and with control, keeping the leg extended to return to the starting position.



- Repeat 8-10 times
- 3 sets in a row
- Once-daily
- 5 days a week

#### - Lateral step down

**Step 1** – In the exercise, stand on the steps. However, you must stand laterally.



**Step 2** – It involves stepping down laterally from the steps than usual. However, it is vital to ensure that one steps down by bending the opposite leg without inclining the pelvic region.



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

#### - Squat

- The only thing to remember when doing squats is to try your best to maintain knees over the ankle by bending forward. This is essential to prevent knee injury and get maximum benefit.



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Supine single leg lift**

**Step 1** – Lie straight on the back.



**Step 2** – Lift one of the legs to about 60 degrees.



**Step 2** – Bring down the leg and repeat.

- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Sidestepping**



**Step 1** – Stand straight with both feet directly under the shoulders.



**Step 2** – Next side step



**Step 3** – You can either continue sidestepping to one side for a certain number of steps or alternate by stepping back to the opposite side.

- Repeat 16-20 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Lateral Lunge**

**Step 1** – Stand with feet at shoulders width.



**Step 2** – Take a step to your side, like to the left, then bend the opposite knee to 90 degrees, hold in this position for about 2 seconds, then return to the initial position





- Repeat 10-12 times for each side
- 3 sets in a row
- Once-daily
- 5 days a week

#### - **Sidelying hip adduction**

**Step 1** – Lie on your side, and place your top leg and foot flat on the floor in front of you. Next, lift your bottom leg upwards towards the ceiling to feel a pull on your thigh inside and outside. You can repeat the movement up and down or just hold the position. This will strengthen your adductor muscle group.



**Step 2** – Repeat the similar motion for the other side



- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

- **Sidelying hip abduction**

**Step 1** – Raise your upper leg to just above your hip joint, at the same time, exhaling as you go. Once you feel your hips and back start to get tense, stop and hold the position for a couple of seconds.



**Step 2** – Gradually lower your leg to its initial position on an inhale. Keep the upper leg straight and fixed directly above the lower leg.



**Step 3** – Flip over to your opposite side and repeat the action with your other leg.

- Repeat 10-12 times
- 3 sets in a row
- Once-daily
- 5 days a week

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