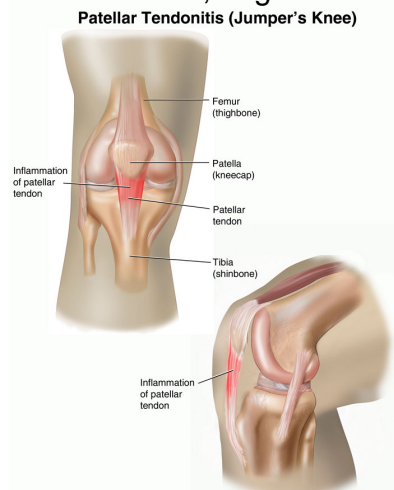


Patella Tendinopathy

What is it?

- The Patella tendon is the tendon that joins the knee cap (patella) to the shin bone
- With overuse of the quadriceps muscles and this tendon the tendon can become inflamed, degenerated and painful



What do I look for?

- Dull pain at the base of the knee cap or the prominence on shin bone (tibial tubercle), where the tendon attaches
- Tightness and/or tenderness in the quadriceps muscle
- Pain with running, squatting, jumping, kneeling and/or kicking
- Gradual onset over a period of a few weeks and increases over time
- Soreness lasting after activity is finished and is eased with rest

What causes it?

- Tightness in the quadriceps muscles
- Overuse of the quadriceps muscles
- Overtraining



How is it treated?

- A physiotherapist can use a variety of techniques including manual therapy, strapping, electrotherapy, stretches and specific exercises to help the problem.
- Patella tendon unloading bracing can be very effective in managing this condition.

Do I see my doctor?

- If symptoms persist consult your doctor for further investigation.

