Do you have Patellar Tendonitis?

Patellar Tendonitis is diagnosed based on your symptoms, clinical examination, and x-rays. X-rays may be ordered by your doctor to confirm the diagnosis or to exclude other problems.

Can Patellar Tendonitis be prevented?

No. There is not a 100% guaranteed method to prevent an active athlete from developing Patellar Tendonitis.

However, warming up before activity and stretching before and after activities may help to prevent Patellar Tendonitis.

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Patellar Tendonitis

What is Patellar Tendonitis?

Patellar Tendonitis is an overuse injury of the anterior knee. It is commonly seen in young adults who have finished growing. It is often referred to as Jumper's Knee.

Where does Patellar Tendonitis occur?

It occurs along the patellar tendon, between the lower end of the knee cap where the patellar tendon originates, and its insertion on the front of the tibia, known as the tibial tubercle. (see diagram to right)

Causes

Patellar Tendonitis is caused by the increased tension and pressure applied to the knee cap during activities like running and jumping. The repetitive stresses of these activities produce inflammation along the tendon. Having tight quadriceps muscles also puts increased pressure on the patellar attachment.

Understanding Your Patellar Tendonitis

Symptoms

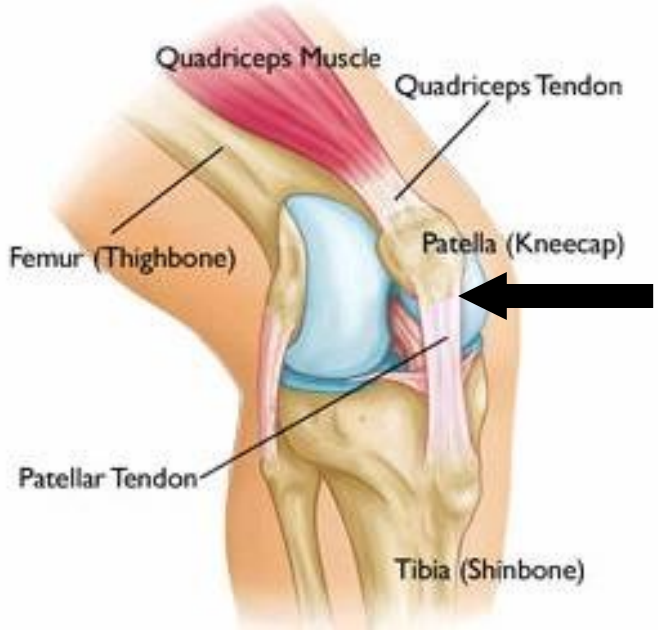
- Pain at the bottom of the knee cap
- Swelling at the bottom of the knee cap
- Pain or swelling along the patellar tendon

Treatment Options

Treatment for Patellar Tendonitis includes anti-inflammatory medication as directed by the doctor, applying ice to the knee, quadriceps strengthening and stretching, wearing a knee strap, and modification of activities. There are rarely any complications and symptoms generally resolve over time.

Activity Modification

- Symptoms can be relieved with resting from the athletic activities that are increasing pain.



Medication

Taking anti-inflammatory medicine or NSAIDS (non-steroidal anti-inflammatory drugs) such as Motrin, Advil, Naproxen or Aleve as directed by your doctor can be effective. This medication should be taken for 10 to 14 days to allow the medicine to build to therapeutic levels in the body. Taking the medication infrequently allows the medicine levels to drop, which decreases effectiveness.

Icing

- Ice packs or ice massage can be applied to the knee immediately after a workout for 15-20 minutes. This can be repeated every 60-90 minutes, several times a day.
- Ice massage is performed by filling several paper cups with water and placing them in a freezer. When frozen, the cup's rim is torn off to create a ice cone. The ice is then directly applied to the sore area until the area becomes numb.

Knee Strap

A knee strap may be ordered by the doctor to help take tension off of the patellar tendon and decrease symptoms.

Stretching

Quadriceps and hamstring stretching are recommended to help with tight muscles. These exercises can be provided by your doctor. Rarely is physical therapy required.