

Patellar Tendonitis Exercises

442. ECEENTRIC DROP SQUATS:

Stand on (one — both) legs on a declined surface. Squat down at a slow speed to the so that the thigh and leg form a right angle. As you tolerate the exercise better try to increase how rapidly you drop down. Expect some pain in the tendon below your knee cap. The pain caused by the exercise should resolve within an hour or two of the exercise.

Drop down as quickly as possible and return to the starting position slowly. Perform ____ sets of ____ repetitions before progressing to the exercise on a single leg.



443. QUARTERBACK HIP LIFTS

Assume a squatting position with the back straight and forearms resting on the thighs. While keeping the back straight and the head up, lift your hips upward while extending the knees but maintaining the flexion at your hips. You should feel a stretch in the back of the thigh at the top of the motion. Pause briefly at the top of the motion. The movement is performed in a controlled manner with a gradual increase in the speed and range as the tissue “warms up”.

Perform ____ repetitions or continue the exercise for ____ minutes



444. WALL LEAN:

In standing, with one foot 24" away from the wall with the knee straight and the opposite foot 12" away from the wall with the knee bent. While keeping the heels flat on the floor, move hips down and forward. Do not bend over at the waist. Toes should be facing slightly in. To prevent pronation substitution, place a shim underneath the ball of your big toe. Repeat the exercise with the opposite leg in the forward position.

Hold the stretch for ____ seconds/minutes; relax and repeat ____ times.

