



Patellar Tendinitis

Definition: Patellar tendinitis is swelling, irritation or damage to the patellar tendon. The patellar tendon is a thick band of tissue that connects the knee cap (patella) to the shin bone (tibia).

Common Terms: Jumper's knee; runner's knee.

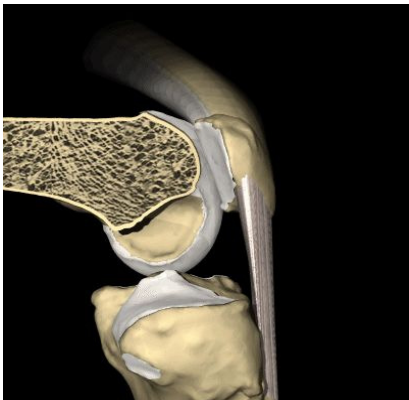
Typical Mechanism of Injury: Patellar tendinitis is usually caused by overuse, especially jumping or stopping and starting type activities. Landing may actually cause more pain and discomfort than jumping.

Common Signs and Symptoms: Pain directly over the tendon, swelling around the tendon, pain with activity, jumping, landing, or kneeling and pain after activity are common complaints.

Common Treatment: Treatment includes reducing the forces that are placed on the tendon. This may involve rest, or at minimum a reduction of activity. Applying ice may help and other therapeutic modalities such as ultrasound may provide some relief. Anti-inflammatory medication may help with pain. Some people find benefit from wearing a knee sleeve or strap around the patellar tendon (Cho-Pat strap).

Prevention: Prevention involves avoiding activities and sports that stress this tendon repetitively. If you play in a sport, like basketball, volleyball or tennis, taking extra care to use post-activity ice and rest when needed is important. Proper warm-up and stretching may also assist in reducing the chances of getting patellar tendonitis.

Expectations: Patellar tendonitis may take weeks to heal. A person with this condition should expect to avoid activities that will increase irritation for a period of time sometimes even beyond when it feels better, as the swelling may come back if a person returns to activity too soon. A gradual return to activity should be planned.



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