



# CARE INSTRUCTIONS

KAISER PERMANENTE

## Patellar Tendinitis (Jumper's Knee): Exercises

### Your Kaiser Permanente Care Instructions

Here are some examples of typical rehabilitation exercises for your condition. Start each exercise slowly. Ease off the exercise if you start to have pain.

Your doctor or physical therapist will tell you when you can start these exercises and which ones will work best for you.

### How to do the exercises

#### Straight-leg raises to the front



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1. Lie on your back with your good knee bent so that your foot rests flat on the floor. Your affected leg should be straight. Make sure that your low back has a normal curve. You should be able to slip your hand in between the floor and the small of your back, with your palm touching the floor and your back touching the back of your hand.
2. Tighten the thigh muscles in your affected leg by pressing the back of your knee flat down to the floor. Hold your knee straight.

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3. Keeping the thigh muscles tight and your leg straight, lift your leg up so that your heel is about 12 inches off the floor.
4. Hold for about 6 seconds, then lower your leg slowly. Rest for up to 10 seconds between repetitions.
5. Repeat 8 to 12 times.

### Short-arc quad



1. Lie on your back with your knees bent over a foam roll or large rolled-up towel and your heels on the floor.
2. Lift the lower part of your affected leg until your leg is straight. Keep the back of your knee on the foam roll or towel.
3. Hold your leg straight for about 6 seconds, then slowly bend your knee and lower your heel back to the floor. Rest for up to 10 seconds between repetitions.
4. Repeat 8 to 12 times.

### Half-squat with knees and feet turned out to the side



## Patellar Tendinitis (Jumper's Knee): Exercises (page 3)

1. Stand with your feet about shoulder-width apart and turned out to the side about 45 degrees.
2. Keep your back straight, and tighten your buttocks.
3. Slowly bend your knees to lower your body about one-quarter of the way down toward the floor. Try to keep your back straight at all times, and do not let your pelvis tilt forward or your knees extend beyond the tip of your toes.
4. Repeat 8 to 12 times.

### Step up



1. Place a single-step footstool on the floor. If you do not have a footstool, you can use a thick book, such as a phone book, a dictionary, or an encyclopedia. If you are not steady on your feet, hold on to a chair, counter, or wall while you do this exercise.
2. Keeping your back straight, step up with your affected leg. Try not to push off your back leg as you step up. Only use your affected leg to bring you up on to the step. Then lift your other leg on to the step.
3. Move back to the starting position, with both feet on the floor.
4. Repeat 8 to 12 times.

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### Step down



1. Stand on a single-step footstool. If you do not have a footstool, you can use a thick book, such as a phone book, a dictionary, or an encyclopedia. If you are not steady on your feet, hold on to a chair, counter, or wall while you do this exercise.
2. Slowly step down with your good leg, allowing your heel to lightly touch the floor. As you step down, try to keep your affected knee moving in a straight line toward your middle toe.
3. Move back to the starting position, with both feet on the footstool or book.
4. Repeat 8 to 12 times.

### Terminal knee extension



1. Tie the ends of an exercise band together to form a loop. Attach one end of the loop to a secure object, or shut a door on it to hold it in place. (Or you can have someone hold one end of the loop to provide resistance.)
2. Loop the other end of the exercise band around the knee of your affected leg. Keep that leg somewhat bent at the knee.

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3. Put your good leg about a step behind your affected leg. Then slowly straighten your affected leg by tightening the thigh muscles of that leg.
4. Hold for about 6 seconds, then return to the starting position, with your knee somewhat bent.
5. Rest for up to 10 seconds.
6. Repeat 8 to 12 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

### Where can you learn more?

Go to <http://www.kp.org>

Enter U166 in the search box to learn more about "**Patellar Tendinitis (Jumper's Knee): Exercises**".

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