

Patellar Tendonitis

Home Exercise Program

BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Video # VVTJZ7GYR



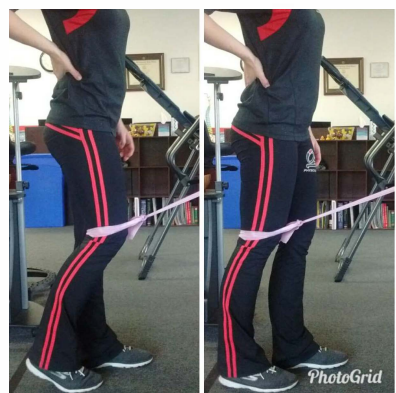
Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day



Knee Extension- Eccentric

Lift affected leg to full knee extension with opposite leg. Slowly lower affected leg to 90 degrees of knee flexion. Control as you let your leg down to 90 degrees. This exercise should be performed over a 5 count.

Repeat 10 Times
Hold 5 Seconds
Complete 3 Sets
Perform 1 Times a Day



Total Knee Extension

With the resistance band looped around the back of your knee, position your foot slightly behind the other foot. Beginning with the heel of your foot off the ground and your knee flexed, use your glutes (buttocks) to press the heel of your foot towards the ground to straighten your knee. This exercise works to strengthen your quadriceps muscle to achieve total knee extension.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Times a Day



Step Down Backward

Stand with both feet on step. Step down slowly with left leg onto floor toward the back of the step and then back onto step. If needed, return to starting position by stepping up with left leg. Hold on to rails for balance as needed.

Repeat	10 Times
Complete	2 Sets
Perform	1 Times a Day