



Patellar Tendonitis Eccentric Training Protocol

Items Needed: 25 degree decline board

Sets and Repetitions: 3 sets of 15 repetitions each session. Each session to be completed twice daily for 12 weeks.

Exercise: This exercise is to be done without warming up. Standing on the decline board with the affected leg, squat until the knee is flexed to 90 degrees (this should take you about 2 seconds). Bring the unaffected leg down to the board and use it to push yourself back up, taking all the weight off of your affected leg (example: down with left, up with right). If both legs are affected, use your arms to help you on the way up.

This exercise should cause discomfort. On a pain scale of 1-10, a 4-5 is considered normal for this workout and you should continue to work through this pain. Only stop if it becomes disabling during the exercise. If over the course of the program you feel very little discomfort during the workouts, you should add weight in 10 lbs. increments to a backpack or in the form of dumbbells. Your discomfort level should hover around the 4-5 out of 10 level.

