

Management after treatment of the patella tendonitis (jumper's knee) and the quadriceps aponeurosis; level 1 - stretching

After growth factors injection we put on and keep immobilization (stabilizer, plaster cast immobilizing one joint only) for 2-3 weeks. Non weight bearing and walking with crutches for at least 72 hours.

We start stretching exercises no sooner than 72 hours after the injection.

We do the exercises every day for 2 weeks. When pain ailments wear off, we proceed to level 2 exercises.

Stretching of the quadriceps muscle and the patella ligament in the lying position on the stomach.

Aim

To passively stretch the quadriceps and improve its elasticity.

Start position



Lay on your stomach with the treated leg flexed in the knee joint. Hold the foot with the same side hand.

Action



Slowly and delicately pull your foot with the hand towards the buttock to the point of pain barrier. This will stretch the treated structures.

Repetition

Hold the maximum stretch for 20 seconds. Repeat 10 times.

Caution!!!

Try to pull the foot not only towards the buttock but also up towards the ceiling, which increases stretching. Don't go over the pain barrier.

