

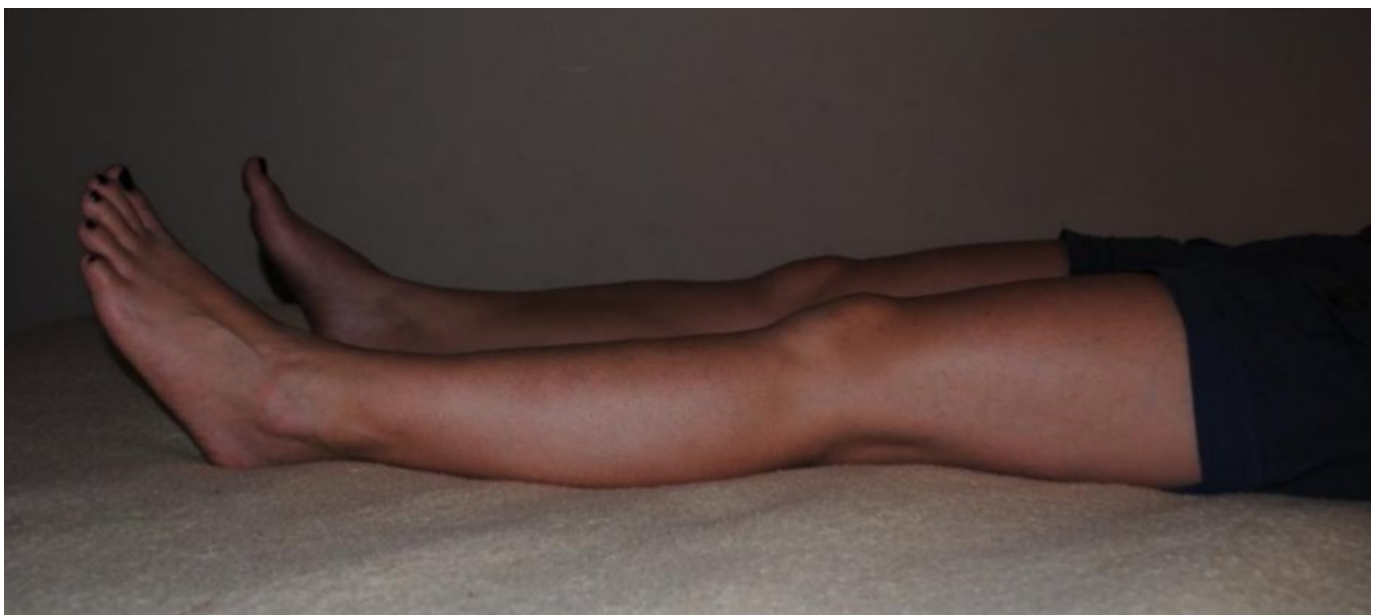
**Management after treatment of the patella tendonitis (jumper's knee) and the quadriceps aponeurosis; level 2 - strengthening**

We start strengthening exercises 2 weeks after the injection and do them for another 2-4 weeks. They're preceded by level 1 exercises (no pain during stretching).

Strengthening of the quadriceps in lying on the back position.

*Aim*

To actively and isometrically strengthen the quadriceps.

*Start position*

Lie on your back with your leg straight.

*Action*



Raise your leg about 20cm above the ground and hold it in full extension. Then slowly lower the leg to the start position.

#### *Repetition*

Hold it for at least 20 seconds. Do 10 repetitions three times a day.

#### **Caution!!!**

Try to hold your leg raised longer and longer. By the end of the 5th week you can introduce weight bearing. In the 4th week start using the exercise cycle – the saddle high, weight bearing gradually increased.