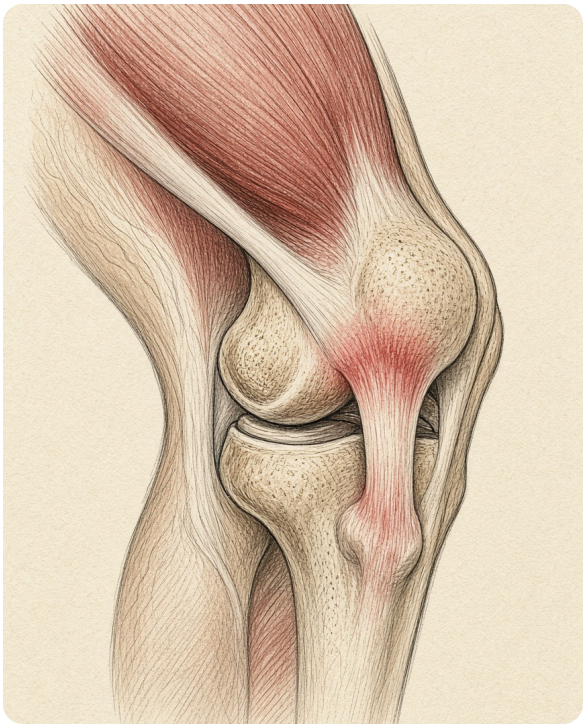
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PATIENT GUIDE

Patellar Tendinitis

Pain when your knees go past your toes? It could be **patellar tendinitis.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is patellar tendinitis?

Patellar tendinitis (jumper's knee) is irritation of the tendon that runs from the bottom of the kneecap to the shin bone. It happens with repetitive use and tight or weak quadriceps. The tendon gets irritated and inflamed, causing pain below the kneecap that disrupts normal movements. These exercises stretch the tendon and strengthen the quads.

QUICK CHECK

Does this sound like you?

- ☐ Pain **just below the kneecap**
- ☐ Pain when your **knees go over your toes**
- ☐ Pain there when **going up a step**
- ☐ Pain with **jumping, running or squatting**
- ☐ Tightness in the **front of the thigh**

If you ticked a few boxes, your patellar tendon could be irritated. Try the 3 exercises on the next pages.



Pain just below the kneecap



Pain when knees go past the toes

YOUR 3 EXERCISES

Try these exercises

1 Eccentric step-down

Loads the tendon slowly to build strength





1. **Stand on a step** on your affected leg.
2. **Slowly lower the unaffected leg down**, working the affected leg eccentrically.
3. Come back up.
4. Repeat.

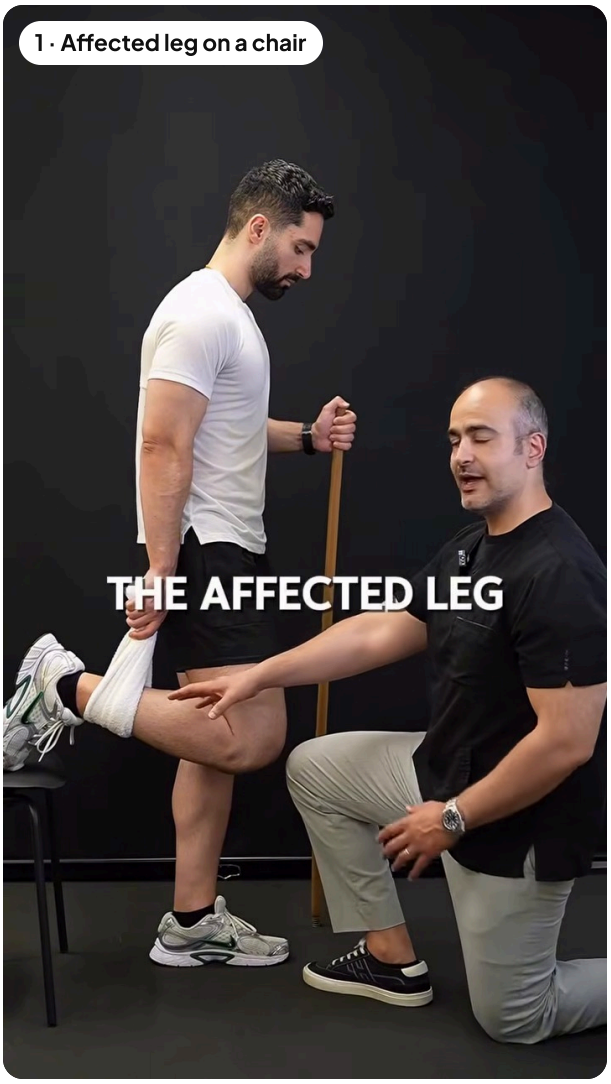
3 sets of 10–15 reps, slow and controlled

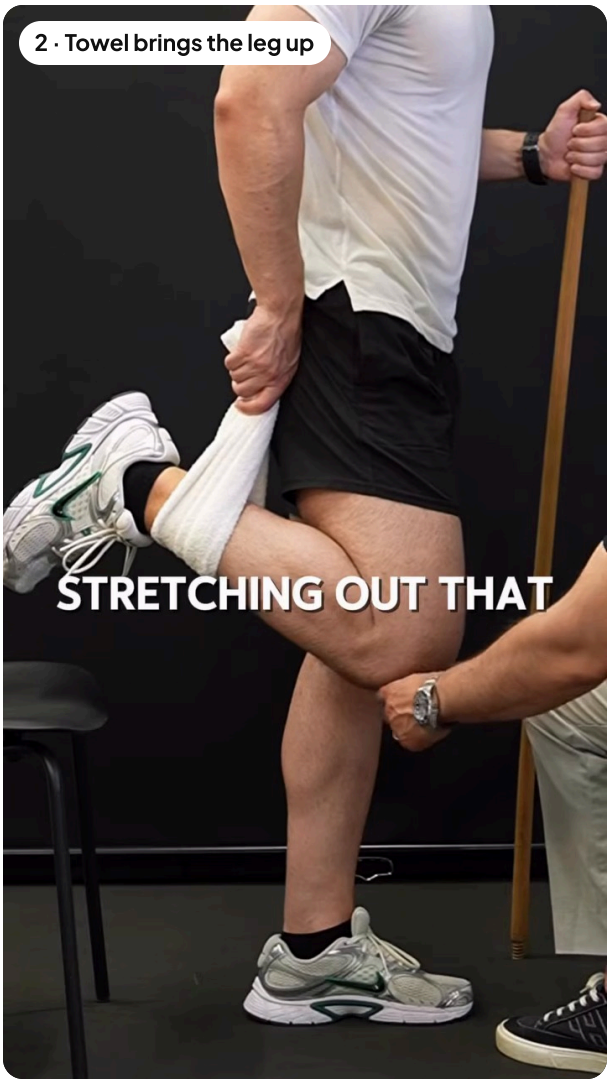
Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Chair quad stretch

Stretches the quads and the patellar tendon





1. **Place the affected leg on a chair** like so (knee bent, shin behind you).
2. **Use a towel** around the foot **to bring that leg up**, stretching out that tendon.
3. **Hold it for about 30 seconds.**
4. Relax and repeat.

Hold about 30 seconds, 2–3 times

Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Half-squat backward walk

Works the tendon and the quadriceps



1. **Get into a half squat position.**
2. **Hold on to some weight** for extra resistance.
3. **Start walking backwards.**
4. Every time you step, **extend out that knee**, working out the tendon and the quadriceps.

3 rounds of about 10 steps

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Load
Eccentric step-down, 3 × 10–15

02
Stretch
Chair quad stretch, 30 s

03
Strengthen
Half-squat backward walk, 3 rounds

The 30-second hold is from Armin's video; sets, reps and doing it once a day are suggestions. Ease off jumping and deep squats while it settles (suggested). Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

Some tendon discomfort during loading is OK if it settles by the next day. If it's worse the next morning, do fewer reps.

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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