



Patella Tendonitis

Patella tendonitis is an irritation and subsequent inflammation of the tendon between the knee cap (patella) and the lower leg. The patella tendon is a continuation of the tendon of the quadriceps muscle of the thigh. The cause of this injury varies from overuse (ex. repeated jumping), to improper body or joint movements, or bony abnormalities, some of which affect the tracking of the patella and irritate the tendon.

Treatment will focus on decreasing the inflammation by using modalities and addressing the causative factors to decrease the irritation. Stretches and strengthening will both be prescribed as part of the treatment plan. A strap or taping technique may be used during physical activities.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.

