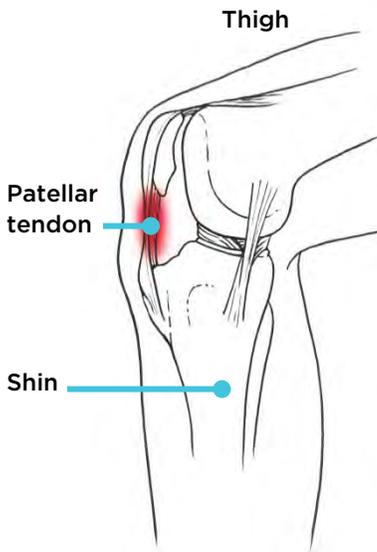


# Patellar Tendonitis

---



Your child is diagnosed with patellar tendonitis, or jumper's knee. This is an inflammation of the patellar tendon, which connects the kneecap to the shin. Patellar tendonitis is common in children who do repetitive jumping activities, like jump rope or basketball.

---

## Symptoms include:

- Pain near the patellar tendon
- Swelling in front of the knee
- Pain in front of the knee with movement
- Pain may get worse with activities such as jumping, running, squatting or kneeling

---

## Common treatments include:

- Temporary change in your child's activity level
- Rest
- Ice
- Bracing the knee
- Taping the knee
- Stretching
- Strengthening the muscles around the tendon
- Referral to physical therapy

Your child should avoid jumping, squatting, or any activity that increases knee pain.

---

## Early exercises for knee pain

Begin the following exercises until your child's appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises. These exercise pictures may use a nylon belt, but your child may use a towel at home.

---

### To Learn More

- Sports Physical Therapy  
206-987-6400
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### Quad stretch

1. Lie down on stomach.
2. Pull one foot toward the buttocks until a stretch is felt in the front of the thigh.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



### Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



### Straight leg raise

1. Lie on back with one leg bent and the other leg straight.
2. Lift up the straight leg to thigh level of the other leg, then lower it back down.
3. Repeat on the other leg.

Do 2 sets of 10 leg raises with each leg.



### Clamshells

1. Lie on side with knees bent and feet together.
2. Lift the top knee up, then lower back down to starting position.
3. Repeat on the other leg.

Do 2 sets of 10 clamshells on each side.

