

Home Exercise Program for Patellar/Quadriceps Tendinitis

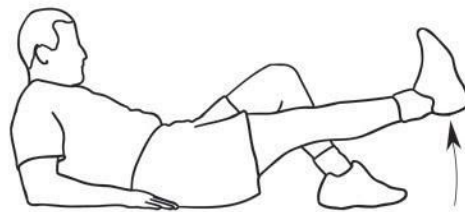
- Perform the exercises in the order listed.
- To prevent inflammation, apply a bag of crushed ice or frozen peas just below the kneecap after completing all the exercises.
- If the pain continues or gets worse, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Patellar/Quadriceps Tendinitis

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Straight leg raise	Quadriceps	10 repetitions/3 sets	Daily	3 to 4
Hamstring curl	Hamstrings	15 repetitions/3 sets, progressing to 25 repetitions/3 sets	Daily	3 to 4
Prone quadriceps stretch	Quadriceps	4 repetitions/2 to 3 times per day	Daily	3 to 4
Supine hamstring stretch	Hamstrings	4 repetitions/2 to 3 times per day	Daily	3 to 4

Straight Leg Raise

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor. Keep the knee completely straight.
- Hold this position for 5 seconds, slowly lower the leg, and then relax.
- Perform 3 sets of 10 repetitions per day, continuing for 3 to 4 weeks.



Patellar/Quadriceps Tendinitis

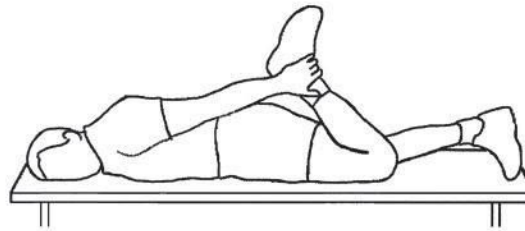
Hamstring Curl

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold on to the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 15 repetitions per day, progressing to 3 sets of 25 repetitions per day, continuing for 3 to 4 weeks.



Prone Quadriceps Stretch

- Lie face down on a flat surface with your arms at your sides and your legs straight.
- Bend the affected knee and grasp the ankle with your hand (or use a towel or rubber tubing).
- Keeping your thigh flat on the surface, pull gently and hold for 30 seconds. The stretch should be felt in the front of the thigh. Relax for 30 seconds between repetitions.
- Perform 4 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks.



Supine Hamstring Stretch

- Lie on the floor with one leg straight and one leg bent. Clasp your hands behind the thigh of the bent leg, near the knee.
- Straighten the leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull the leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg. Perform 4 times on each leg, 2 to 3 times per day for 3 to 4 weeks.

