

Dealing With Knee Pain Checklist

If you have been diagnosed with patella tendonitis follow these steps that worked for me.

Before Training and Competition

- 1) Focus on flexibility. Work on all of the musculature in the hips, hamstrings and quads (but don't pull the heel to the butt as a stretch)
- 2) Use hot packs, hot tubs, or just get on a bike and lightly spin to get the blood flowing into the quad muscles. Start with a high seat and lower it after each minute to increase flexion in the leg.
- 3) Use a foam roller, travel roller, softball, or other ball to massage the muscles (especially the quad) to create some length in the quad to ease the tension on the patella tendon.
- 4) Proceed into your Dynamic warm up. (Stop if you feel pain and see your doctor or physical therapist for further advice.)

After Training and Competition

1. Roll gently and stretch statically to gain flexibility within the quad.
2. Stretch all other leg musculature to ease tension on the hips and knees.
3. Ice the patella tendon to reduce inflammation. Ice baths are recommended for the entire lower body.
4. Fuel yourself with an anti-inflammatory diet to reduce inflammation throughout the body.

These are techniques that worked for me. However, I have to tell you to see your doctor or physical therapist for additional advice. I prefer to avoid anti-inflammatory medicines (Aleve, Ibuprofen, Naproxen, etc) however these can be beneficial for certain athletes to give your body a boost. Use at your discretion.

Thanks for requesting this resource.