Patellar Tendinopathy

Standing Hamstring stretch:
- Place involved leg on stool.
- Slowly lean forward, keeping back straight.
- Lean until stretch is felt in back of thigh.

Standing Quadriceps stretch:
- Use opposite hand to grab involved leg.
- Gently pull heel toward buttocks until stretch is felt in front of thigh.

Single leg eccentric squat:
- Standing on involved leg with back against wall.
- Slide down wall to about 45 degrees.
- Use uninvolved leg to slide up the wall to return to start position.

Lift, Lock, & Lower (eccentric leg extension):
- Use uninvolved leg to lift weight by straightening uninvolved leg to locked knee position.
- Straighten involved leg to locked knee position to meet pad on machine.
- Slowly lower weight with only involved leg.
**Drop Squat:**
- Stand with feet shoulder width apart.
- Start in standing position, unlock knees rapidly.
- Drop until thighs are almost parallel to the ground.
- Use quadriceps to stop fall.
- Return to standing and repeat.

**Decline Squat:**
- Stand on decline board.
- Unlock knees and squat down. Return to standing.

**Step up, over, down:**
- Step forward with involved leg onto step.
- Step over with other leg, touching that foot to the ground.
- *Bring involved leg down to meet other foot.*
- Turn around to face the step and repeat.

**Retro (backwards) walking:**
- Walk backwards on treadmill
- at _____ mph with
- a _____% elevation
- for _____ minutes.