

FIX YOUR KREE DAIN

Are you a runner thats stuck with that pesky knee pain that feels like it will never go away? Do you constantly feel pain while biking? Is it becoming hard to exercise?



FIRST LETS SELF

DIAGNOSE

Use these things to narrow down knee pain into 2 categoris

KNEE PAIN BELOW THE



KNEE PAIN "UNDERNEATH" THE KNEE CAP

HERE



Disclaimer: this is not a formal diagnosis — this is meant to be a helpful guide



PATELLAR TENDINITIS

Patellar tendinitis, or "jumper's knee," is an overuse injury of the tendon connecting the kneecap to the shinbone. It causes pain below the kneecap, especially during activities like jumping, running, or squatting, due to repeated stress on the tendon.

PATELLOFEMORAL PAIN (PFPS)

Patellofemoral pain syndrome, or "runner's knee," is pain at the front of your knee, around the kneecap. It happens when the kneecap doesn't move smoothly in its groove during activities like running, squatting, or climbing stairs. This can be due to overuse, weak muscles, or poor alignment. It often feels like a dull ache and may get worse after sitting for a long time or doing a lot of kneebending movements.



TREAT YOURSELF! JUMPER'S KNEE



EXERCISE 1

A Spanish squat is an exercise that targets the quadriceps without putting too much strain on the knees, making it great for patellar tendinitis. Using a resistance band behind your knees, you squat down and hold the position, which strengthens the quads and reduces stress on the patellar tendon.

DO NOT

ICE!

4 SETS



EXERCISE 2

A wall sit is an isometric exercise where you slide your back down a wall until your knees are at a 90-degree angle, like sitting in a chair. It strengthens the quadriceps while keeping the knee stable, making it helpful for relieving patellar tendinitis.

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PHYSICAL THERAP

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HEALTH

WELLNESS

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EXERCISE 3

A decline lunge isometric hold involves placing one foot on a decline surface, stepping back into a lunge position, and holding it. This targets the quadriceps and patellar tendon while reducing excessive strain, helping to build strength and improve tendon resilience.

DO NOT

ICE.

Isometric exercises involve holding a position without moving, which helps build strength and reduce pain without overloading the tendon. For patellar tendinitis, isometrics like wall sits or decline holds can activate the quadriceps while minimizing strain on the patellar tendon. These exercises improve tendon capacity, reduce pain through neuromuscular control, and provide a safe way to start strengthening during the early stages of recovery. Isometrics are often a foundation for progressing to more dynamic exercises.

TREAT YOURSELF! PFPS



EXERCISE 1

Banded single-leg fire hydrants are an exercise where you stand on one leg and use a resistance band around your thighs to lift the other leg out to the side. This strengthens the hip abductors and improves knee alignment, which helps reduce stress on the kneecap.

DO NOT

ICE!



EXERCISE 2

A banded single-leg squat helps treat patellofemoral pain syndrome by strengthening the quadriceps and improving knee alignment. Using a resistance band above your knees, you perform a single-leg squat while the band encourages proper tracking of the kneecap, enhancing stability and control.

HEALTH

WELLNESS



EXERCISE 3

The Thomas stretch targets the hip flexors, which can be tight and contribute to patellofemoral pain syndrome. To perform it, lie on your back at the edge of a table or bench, pulling one knee toward your chest while letting the other leg hang off the edge. This stretches the hip flexor of the hanging leg, helping improve flexibility and reduce pressure on the knee.

DO NOT

ICE.

EX 1/2: 3X12



Exercise helps patellofemoral pain syndrome by strengthening the muscles around the knee, improving joint stability, and correcting movement patterns. Strengthening the quadriceps, hamstrings, and hip muscles helps support the kneecap and improves its tracking, reducing friction and pain.

PHYSICAL THERAP

SDORTS PERFORMAN

Stretching exercises also improve flexibility in the hip flexors and IT band, which can alleviate tension around the knee. Gradual strengthening and stretching reduce strain on the knee joint, improve alignment, and help prevent further irritation, speeding up recovery and reducing the risk of future pain.