



## **TIPS TO GUARD AGAINST JUMPERS KNEE**

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Basketball demands the athlete's knee to be placed under significant stress with excessive jumping, quick change of direction and forceful deceleration as demonstrated with a sudden jump stop technique. The patella tendon located at the bottom of the patella (knee cap) is placed under a large amount of stress from repeated activities and can develop into Patellar Tendinitis/Patellar Tendinopathy also known as Jumpers Knee.

The symptoms of Jumpers Knee are as follows: pain at the bottom and the front of the knee cap, soreness/stiffness during exercise, swelling in the tendon region and soreness with active knee extension. Jumper's knee is graded into 3 levels depending on the severity of symptoms, each with different recommended treatment approaches.

### **Grade 1: Pain only following activities**

#### **Recommended Treatment:**

- Continue to train – apply ice following practice/games for 20 minutes
- Start a warm up/cool down period to your training
- Begin lower body flexibility program
- Wear neoprene knee sleeve to help retain joint heat
- Consult your school's Certified Athletic Trainer

### **Grade 2: Pain before and after activities**

#### **Recommended Treatment:**

- Modify activities in practice to reduce the stress on the tendon, begin form shooting, dribbling skills etc – eliminate jumping
- Apply ice 3- 4 times per day – 20 minutes each treatment
- Begin light weight-bearing cardiovascular training – bike, swim, etc.
- Consult your nearest CPRS Physical Therapy location – visit [www.cprsweb.com](http://www.cprsweb.com)

### **Grade 3: Pain during activity which prevents you from all activities**

#### **Recommended treatment:**

- Rest completely from the activities stressing the tendon
- Continue to apply ice 3-4 times per day
- See a Sports Medicine Physician
- Consult your nearest CPRS Physical Therapy location – visit [www.cprsweb.com](http://www.cprsweb.com)