

Outline of Treatment Options for Patellar Tendonitis

Conservative treatments

These are cheap, easy to perform treatments that you can do it home in your own time. You should try to do as many of these as possible each day.

1. Eccentric single leg decline squats—3 sets of 15 reps, twice per day. It's okay if the decline squats hurt somewhat, but the pain shouldn't be excruciating. You'll need to find, construct, or improvise a decline ramp to do these on, but it's well worth it, as decline squats are much more effective than squats on flat ground.
2. Icing after each run.
3. Gently stretch your hamstrings and quads a few times a day.
4. Massage your hamstrings and quads with a foam roller, PVC pipe, or The Stick

Aggressive treatments

These treatments are a little more expensive or time consuming and are only suggested for if you suffer from chronic patellar tendonitis pain and the conservative treatments are not working for you.

1. Consider running in a lower-heeled shoe to transfer some stress from your knee to your foot, calf, and ankle. Exercise caution if you have had foot or calf injuries in the past.
2. Ask an orthopedist about platelet-rich plasma (PRP) injections or extracorporeal shockwave therapy (ESWT).