



Jumper's Knee

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As we move into the winter, the chat of "D-fence" starts to fill the air of the gymnasiums. Basketball season is upon us and with basketball comes the potential for knee aches and pains. One of the more nagging and painful injuries basketball players can develop is patellar tendinitis, otherwise known as "jumper's knee". I can always pick the players out on the floor who suffer from this injury because they all seem to wear the same brace.

Though this brace can help certain people with the pain and keep them playing, in my experience other factors exist that continue to cause the symptoms. In evaluating young basketball players, one of the common findings I have seen is poor flexibility in the quads, hip flexors, and IT band as well as poor mobility in the ankle. Though other factors exist (including muscle weakness, foot posture, and poor mechanics), these problems can be easily remedied on your own with a couple of simple exercises.



Pretzel Stretch

Step 1: Lay on your non-injured side with your body in a perfectly straight line.

Step 2: Using your hand, pull your heel toward your rear end.

Step 3: Pull your thigh back so it is in a straight line with your torso.

Step 4: Put your bottom foot on the front, top aspect of your knee and push your top leg back and down toward the floor.

Hold for 20-30 seconds and repeat 3-5 times



Wall Quad Stretch

Get into a half kneeling position and place the top of the foot of the down knee against the wall. Make sure your torso is straight and tighten the butt cheek on the down leg.

Hold for 20-30 seconds and repeat 3-5 times



Wall Ankle Mobility Exercise

Standing with your feet staggered, place your lead foot roughly 4-6 inches from the wall. Press the knee toward the wall, keeping your knee over your second toe. The knee should just barely touch the wall without the heel lifting off the ground. If your knee easily hits the wall, move your foot back and repeat.

Once you have reached the optimal foot position, hold each for 5 seconds and repeat 10 times.



Good luck and remember, if your symptoms do not improve it's possible those previously mentioned factors could be coming into play. If that happens, consult us for a more complete evaluation.