

Patellar Tendinopathy



Pain about the inferior pole of the patella or over length of the patellar tendon due to inflammation of the patellar tendon. This is a chronic overuse injury which becomes exacerbated with movements which involve the knee extensor mechanism and which place excessive load on the patellar tendon.

Structures Involved:

- Quadriceps muscle & tendon
- Patella
- Patellar tendon



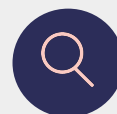
Related Findings

- Pain localized to the inferior pole of the patella and/or the length of the patellar tendon
- Tenderness over the anterior knee
- Swelling around the patellar tendon
- Load-dependent or activity-related pain (running, jumping, walking)
- Pain subsides with cease of activity
- Symptoms worse when beginning activity after a period of inactivity; improves as activity continues.
- Stiff-knee vertical jump-landing



Risk Factors

- Male > female
- Overweight/ obese
- Adolescent or young adult
- Sudden increase in training/load
- Jumping & running sports (i.e. volleyball, basketball, soccer)
- Decreased quadricep strength
- Impaired LE muscle flexibility (quadriceps, hamstrings)
- leg length discrepancy



Outcome Measures

Patient-reported Outcome Measures

- VISA-P

Functional Outcome Measures

- Countermovement Jump test
- 1-leg triple hop test

Special Tests:

- Royal London Hospital Test (Patellar Tendinopathy)

Differential Diagnosis

Patellofemoral Pain Syndrome (PFPS) - Retropatellar pain or pain around the patella, with possible pain at rest. F>M. Symptom exacerbation with loading of a flexed knee.

Patellofemoral Osteoarthritis - Anterior knee pain, bony enlargement, history of laxity or instability, difficulty & symptoms exacerbation with activities involving squatting, kneeling, and stairs. More common in adults ≥ 55 years of age.

Patellar Tendinopathy References:

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- Maffulli N, Oliva F, Loppini M, Aicale R, Spiezia F, King JB. The Royal London Hospital Test for the clinical diagnosis of patellar tendinopathy. *Muscles Ligaments Tendons J.* 2017;7(2):315-322. Published 2017 Sep 18. doi:10.11138/mltj/2017.7.2.315
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