

As a family physician I am often confronted with different tendon disorders, but since I also work as a basketball coach, the most common tendon problem I'm faced with is patellar tendinopathy.

Many of the patients have already had a long ordeal with different therapeutic approaches when I first see them. NSAIDs [anti-inflammatories], physiotherapy, shockwave therapy, and autologous blood injections are certainly the most common treatments. Surgery is helpful in only a few cases. So far, however, it has been difficult to provide the patient with an overall concept that allows them to stay permanently pain-free.

2 years ago, I came across the work of Martin Koban for the first time online. I was fascinated by his comprehensive examination of the topic, because all relevant aspects are examined according to scientific criteria. His motivating and engaging style makes it easy to learn more about the subject.

So I started recommending his book and course to my patients. Together with a friendly physiotherapist, we also developed a treatment concept based on the findings of Martin's course.

After a while, we noticed the success of the patients. In particular, with some of my affected players, I actually saw a permanent improvement.

I myself have completed the whole course and am thrilled with the presentation and the comprehensibility. Through his years of scientific study of the subject, Martin has acquired a profound knowledge that is certainly unique in this form. In addition, he manages to convey this knowledge in a wonderful way. For medical laymen the course is clear and easy to understand.

In summary, I would recommend Martin's course to every patient with patellar tendonitis. Martin does demand a lot from his students, but if you persevere through the course and follow its advice, you will be rewarded with a permanent improvement of this tedious and frustrating injury.

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