

Patellar tendonitis is a painful disorder that can significantly interfere with physical activity levels and quality of life, and treatment can be a frustrating experience for both patients and their healthcare providers. I know what I am talking about: I suffered from at times disabling, apparently treatment-refractory pain caused by patellar tendonitis myself for more than five years.

A number of physical, pharmaceutical and surgical interventions are advocated for treatment of patellar tendonitis. While appealing as a “quick fix” to clinicians and patients alike, most of them do not stand up to rigorous scientific scrutiny: evidence of clinical effectiveness is generally limited or study results are conflicting.<sup>1-4</sup> There is one important exception: careful, systematic strengthening of the patellar tendon has been consistently shown to be a safe intervention that results in long-term, meaningful reduction of pain.<sup>1,3-5</sup> In my opinion, if you have been diagnosed with patellar tendonitis, you therefore probably have to accept the fact that there is no quick and easy cure, and that your best option by far to achieve lasting improvement and return to previous activity levels is to commit to a long-term exercise program to strengthen your patellar tendon and address potentially causative biomechanical issues.

Martin has spent several years reviewing and evaluating the scientific research on the causes and treatment options for patellar tendonitis. Building consequently on this research, he has developed a holistic treatment program that is in my opinion as evidence-based as realistically possible. His motivating program offers a wealth of important background information on the determinants of patellar tendonitis, sets realistic expectations, entails a comprehensive, flexible and feasible training curriculum of strengthening, stretching and mobilisation exercises tailored to the treatment of patellar tendonitis and its underlying biomechanical issues, and addresses common challenges such as time limitations, perceived lack of progress and frustrating set-backs.

If you are thinking, “I already tried physio, it did not work for me”, you should ask yourself honestly if you took the time to fully understand your personal determinants of patellar tendonitis and exercised as long and systematically as you might have needed to. It took me about three months of very regular exercising to notice meaningful improvement, and several more months for the almost complete recovery I have since achieved. If you have been diagnosed with patellar tendonitis by a qualified health provider and have been cleared for strengthening exercises, you should consider Martin’s program.

Dr. med. Mark Waring

April 2019

Disclaimer: The above represents my personal opinion and is intended for informational purposes only. It does not constitute the providing of medical advice, does not establish a physician patient relationship, and is not a substitute for obtaining individualised professional medical advice, diagnosis, and/or treatment. Always seek the advice of your physician or other qualified health provider with any questions about your medical condition. I have not received any monetary or non-monetary incentive for sharing my opinion and have no conflicts of interests to disclose.

References:

- 1 Gaida, J. E. & Cook, J. Treatment options for patellar tendinopathy: critical review. *Curr Sports Med Rep* 10, 255-270, doi:10.1249/JSR.0b013e31822d4016 (2011).
- 2 Khan, W. S. & Smart, A. Outcome of surgery for chronic patellar tendinopathy: A systematic review. *Acta Orthop Belg* 82, 610-326 (2016).
- 3 Figueroa, D., Figueroa, F. & Calvo, R. Patellar Tendinopathy: Diagnosis and Treatment. *J Am Acad Orthop Surg* 24, e184-e192, doi:10.5435/JAAOS-D-15-00703 (2016).

- 4 Larsson, M. E., Kall, I. & Nilsson-Helander, K. Treatment of patellar tendinopathy - a systematic review of randomized controlled trials. *Knee Surg Sports Traumatol Arthrosc* 20, 1632-1646, doi:10.1007/s00167-011-1825-1 (2012).
- 5 Lim, H. Y. & Wong, S. H. Effects of isometric, eccentric, or heavy slow resistance exercises on pain and function in individuals with patellar tendinopathy: A systematic review. *Physiother Res Int* 23, e1721, doi:10.1002/pri.1721 (2018).

#### **About Dr. Waring**

Dr. Waring is a licensed physician with clinical experience in internal medicine and a research background in endocrinology and neuropharmacology. He also holds a Master degree in epidemiology. He has more than 18 years of industry and consulting experience in clinical drug safety and post-marketing pharmacovigilance, pharmacoepidemiology and pharmaceutical safety risk management.



[\*Join Tough Tendons Now.\*](#)