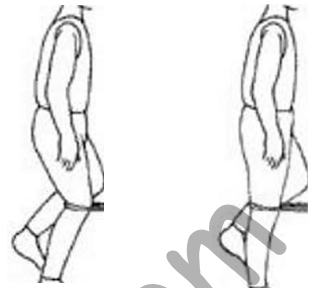


Patellar Tendonitis (Jumper's Knee) Exercises



Patellar mobility



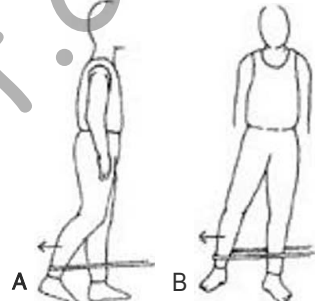
A B
Resisted knee extension



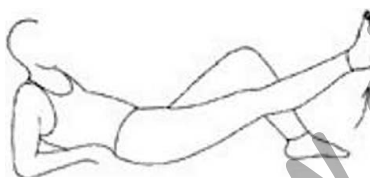
Standing hamstring stretch



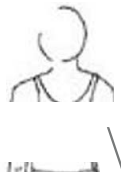
Quadriceps stretch



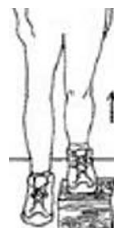
A B



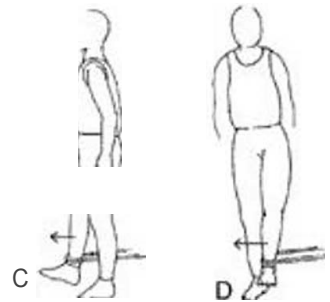
Straight leg raise



Wall squat with a ball



Step-up



C D
Knee stabilization



Quadriceps Isometrics