

# INJURY OF THE MONTH

## PATELLAR TENDONITIS

### WHAT IS PATELLAR TENDONITIS?

Patellar tendonitis occurs when the patellar tendon (connecting the kneecap to the shin) and the tissues that surround it become **inflamed and irritated**. This is usually due to overuse, especially from jumping activities (or rapid change of direction). For this reason, patellar tendonitis is also known as **Jumper's Knee**.

### WHAT ARE THE SYMPTOMS?



- **Pain** directly over the tendon (below kneecap)
- **Aching and stiffness** after exertion
- **Pain with activities** (i.e., jumping or kneeling)

### HOW CAN AIRROSTI HELP?

Airrosti providers consistently and effectively treat musculoskeletal conditions by **addressing the cause of pain**, not just mitigating the symptoms.

- Detailed examination to diagnose true injury
- Quality one-on-one patient care
- Highly specific, non-invasive manual therapy
- Individualized active rehabilitation program
- **Avg. number of Airrosti visits to resolve most conditions = 3** (based on patient-reported outcomes)

**ASK YOUR DOCTOR OR CALL TODAY TO SCHEDULE:**

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