



medi

Guide

## Patellar tendinitis

Information brochure with  
exercises to complement therapy



medi. I feel better.

# Patellar tendinitis – the facts

If you suffer from patellar tendinitis – also known as “Jumper’s Knee” - pain is felt around the tip of the kneecap.

## **The various degrees of severity of patellar tendinitis**

Doctors do normally not divide patellar tendinitis into different stages. This four-part classification helps patients to understand the clinical picture better.<sup>1</sup>

### **Degree I**

Pain occurs only after activity.

### **Degree II**

Pain occurs at the beginning of activity (“start-up” pain), disappears after warming up or even during everyday activities such as climbing stairs or after sitting for long periods. It returns at the end of activity back again.

### **Degree III**

The patient feels pain during the whole activity.

### **Degree IV**

There is a constant pain in everyday life e.g. climbing stairs or after sitting for long periods. At worst it could lead to a tendon rupture.

Initially, the pain is usually only felt after sports

The persistent character of the symptoms is typical. It is often a chronic clinical picture that persists for many months or even years. Phases with relatively little pain are repeatedly followed by phases when pain develops again after exercise. patellar tendinitis can affect both knees, this occurs in 20 to 30 percent of patients.

<sup>1</sup> Roels et al., 1978



## Risk factors and causes of runner's knee

### Sports

- Sports that involve intensive jumping – volleyball, basketball, some disciplines in light athletics such as long jump or high jump
- Jogging and running marathons
- Sports with rapid changes of direction – football, handball
- Sports with abrupt stop-and-go movements – tennis, squash, badminton

### External factors

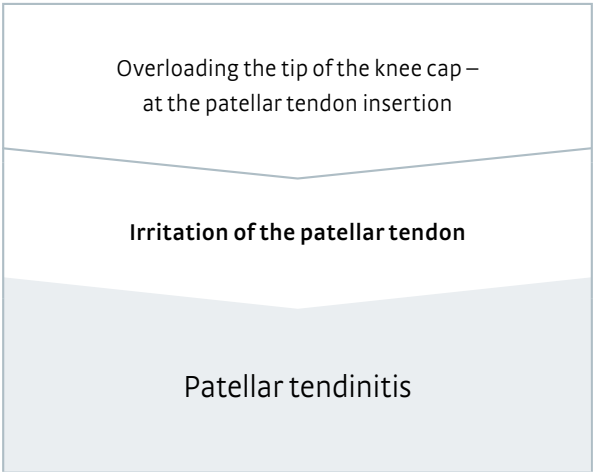
- Unsuitable footwear
- Wrong sporting techniques
- Excessively hard surfaces, for example asphalt
- Excessively intensive training sessions
- Unusual stress, for example when learning a new sport or when training is started too enthusiastically and the knee is subjected to extreme forces

### Anatomical factors

- The elasticity of the tendons diminishes with increasing age
- Malalignment of the knee and foot deformities
- Shortened tendons or muscles
- Congenital ligamentous weakness (lax ligaments)

# Cause – how patellar tendinitis occurs

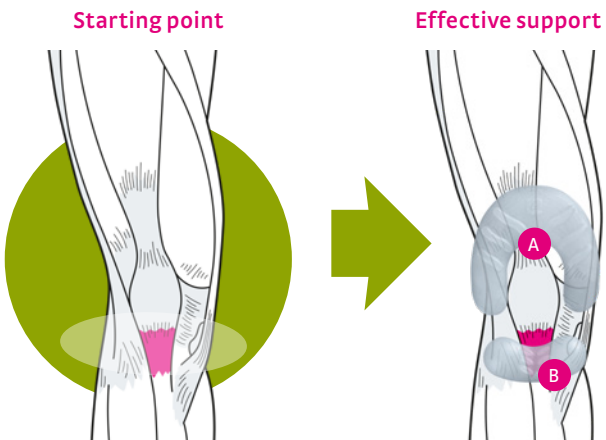
Symptoms generally start to appear only after the joints have undergone strain, for example, following sporting activities. Over time, those afflicted then begin to feel pain during sports or in simple everyday activities: in particular when climbing stairs or after prolonged sitting.



# Treatment – effective support

Treatment of patellar tendinitis primarily entails conservative approaches, i.e. non-surgical methods.

Orthoses have proven to be an effective solution, such as the Genumedi PSS. It guides and stabilises the knee joint and relieves tension and pain on the insertion of the patellar ligament.



**A** Patella pad or secure guiding of the kneecap

**B** Tendon pad for stimulation of the patellar tendon

With an additional strap system pressure can be individually regulated

Relieving the patellar tendon insertion  
+ reducing pain

# Product features

## Grip-Ons:

additionally facilitate donning



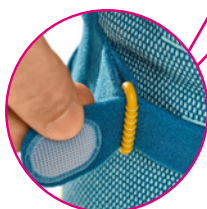
## Non-slip:

Secure hold due to integrated silicone dot coating



## medi Comfort Zone:

with rippled structure for a higher level of comfort in the hollow of the knee



## Strap system:

Individual pressure adjustment on the patellar tendon. No cutting-in thanks to offset strap system. Balanced pressure distribution (no cutting into calf area) thanks to the asymmetric strap system (rear strap is positioned slightly lower)

## Two-part pad system with 3-D profile for additional massaging effect:

Patella and tendon pads stabilise and provide relief with pinpoint accuracy



Intended purpose: Genumedi PSS is a brace for influencing the patella glide path.

## Exercises to accompany therapy for patellar tendinitis

Our exercises are designed for patellar tendinitis to specifically relieve pain, restore mobility and reduce the risk of recurrence. Training can help to relieve the patellar tendon and strengthen the surrounding muscles. Please note that the healing process for patellar tendinitis, also known as runner's knee, takes a long time. So be patient and carry out the exercises consistently.

Discover our exercises that you can do in the comfort of your own home.



Please seek medical or therapeutic advice before starting the exercises.

More information



Scan the QR code or use the URL for further information on how to use the product:  
[medi.biz/gen-pss-handling](https://medi.biz/gen-pss-handling)



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