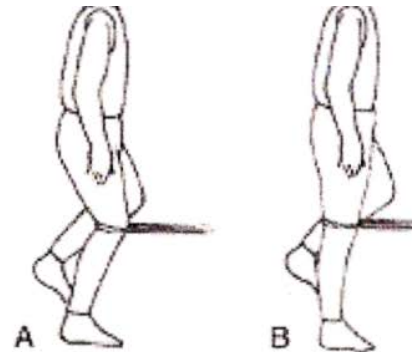


Patellar Tendonitis (Jumper's Knee) Exercises



Patellar mobility



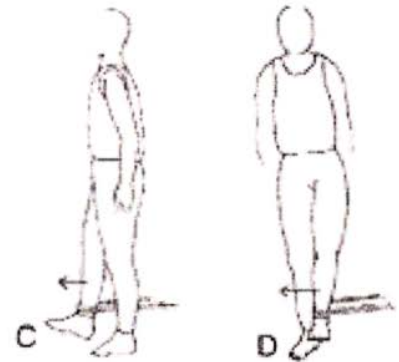
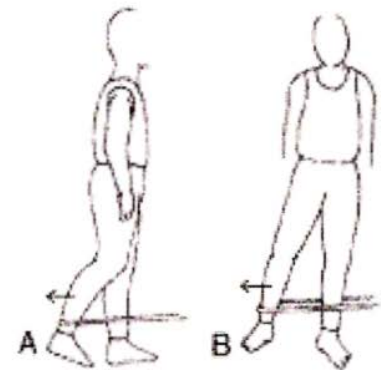
Resisted knee extension



Standing hamstring stretch



Quadriceps stretch



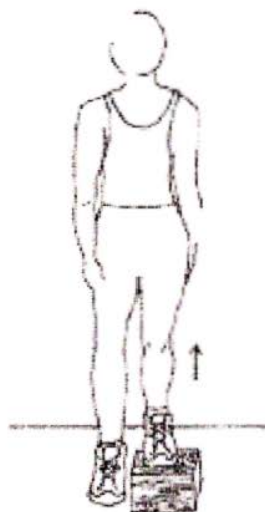
Knee stabilization



Straight leg raise



Wall squat with a ball



Step-up

