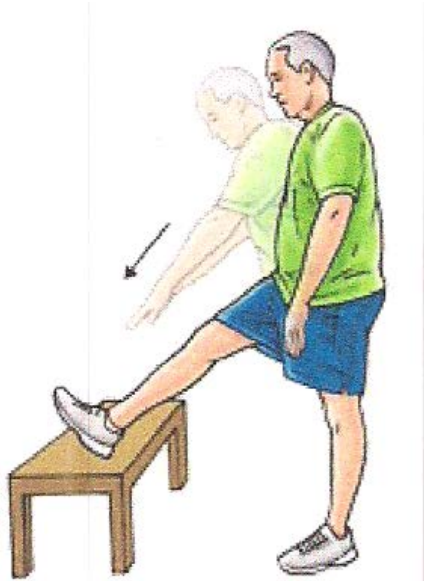


Patellar Tendonitis (Jumper's Knee) Rehabilitation Exercises



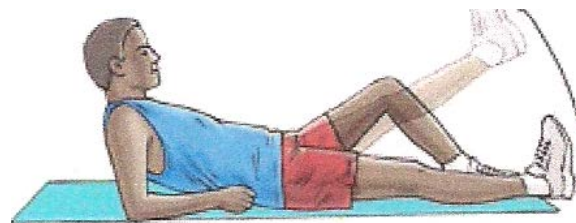
Standing hamstring stretch



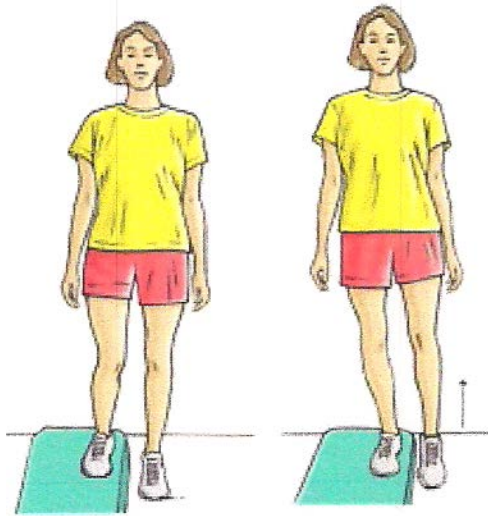
Quadriceps stretch



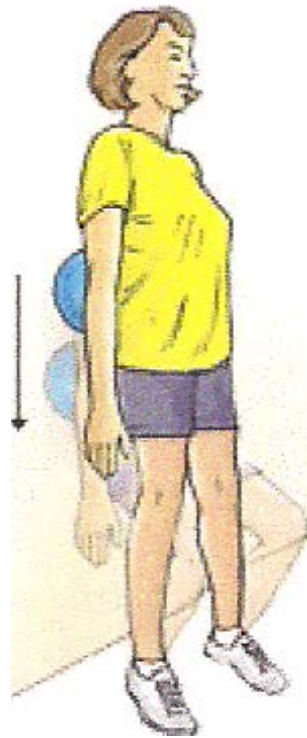
Side-lying hip abduction



Quad lifts



Step-up



Wall Squat with a ball