
CLINICAL COMMENTARY
CURRENT CONCEPTS IN THE TREATMENT
OF PATELLAR TENDINOPATHY

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ABSTRACT

Patellar tendon pain is a significant problem in athletes who participate in jumping and running sports and can interfere with athletic participation. This clinical commentary reviews patellar tendon anatomy and histopathology, the language used to describe patellar tendon pathology, risk factors for patellar tendinopathy and common interventions used to address patellar tendon pain. Evidence is presented to guide clinicians in their decision-making regarding the treatment of athletes with patellar tendon pain.

Level of Evidence: 5

Keywords: Anterior knee pain, jumper's knee, overuse injury, patellar tendinopathy, patellar tendonitis, patellar tendinosis

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