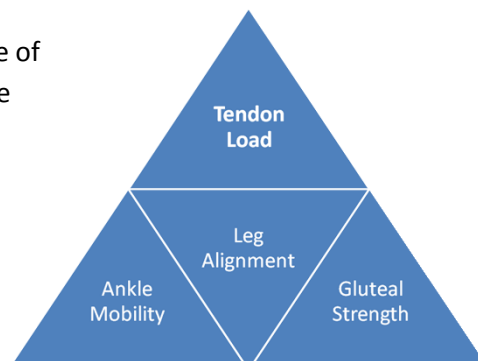


The Jumper's Knee Treatment Triangle Program Overview

The jumper's knee treatment triangle will help you take care of the three most common causes for jumper's knee: low ankle mobility, low gluteal strength, and bad leg alignment. The exercises in this program are the tools you will use to fix problems in these areas.

Lastly, use the tendon healing exercise to help your patellar tendon grow stronger again if you've already progressed into one of the advanced injury stages.



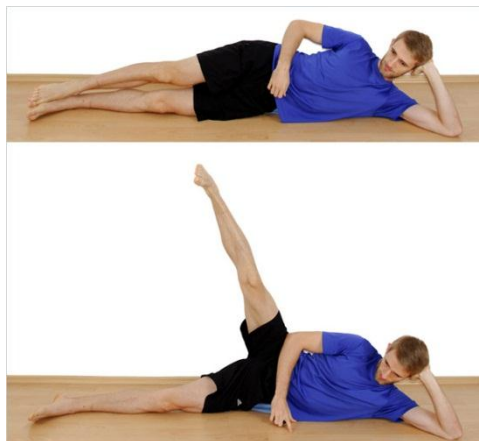
Exercise #1: Ankle Dorsiflexion Drill

- Stand in front of vertical structure
- Move knee out over 2nd/3rd/4th toe
- Describe half circle to the outside of the foot
- Only in pain-free range of motion
- Move foot back if you can touch the object
- At least two sessions per day
- At least 15 repetitions per foot per session



Exercise #2: Hip Abductions

- Lie on your side with body in one line
- Lift upper leg out only using hip muscles
- Keep feet parallel to floor
- Don't move upper body or hip
- Don't let your foot point to the ceiling
- Hold elevated position for 1 to 2 seconds
- Perform three or four times per week
- Do three sets of 10 to 15 repetitions



Exercise #3: Clamshells

- Lie on your side
- Both legs slightly in front and knees bent
- Rotate upper leg out, just using hip muscles
- Keep upper body and hip in place
- Don't rotate your body to cheat
- Hold elevated position for 1 to 2 seconds
- Perform three or four times per week
- Do three sets of 10 to 15 repetitions



Learn everything about jumper's knee in the book:

Beating Patellar Tendonitis: The Proven Treatment Formula to Fix Hidden Causes of Jumper's Knee and Stay Pain-free for Life www.fix-knee-pain.com/jumpers-knee-book

Exercise #4: Glute Bridge

- Lie on back, fingers touching heels
- Pull feet up, only heels on ground
- Lift body into straight line
- Strong contraction in buttocks muscles
- Hamstrings and lower back mostly relaxed
- Hold elevated position for 1 to 2 seconds
- Perform three or four times per week
- Do three sets of 10 to 15 repetitions



Exercise #5: Eccentric Squats

- Stand on 25-degree slanted board
- Sit back rather than dip down
- Keep shins close to vertical
- Place more weight on injured knee on way down
- Take 3 to 5 seconds for the descent
- Unload injured knee on way up
- Go down to parallel
- Do 3 to 5 sessions per week
- Do 3 sets of 7 to 15 repetitions per set
- Track your pain levels and adjust set and repetition numbers accordingly
- If pain increases, you've done too much
- **Perform the eccentric squats only when you're in the advanced injury stages!**



Lastly, don't forget to **check for proper alignment!** Read the treatment triangle page again if you don't remember the details: www.fix-knee-pain.com/triangle

About the Author

Martin Koban is a personal trainer from Berlin, Germany. Martin began his research into knee pain and the requirements for healthy knees in 2009, after his brother suffered a meniscus tear during volleyball training.

Martin has since shared this approach through a self-help website that has helped over 800,000 people from around the world and he published two books on this subject, "[Beating Patellar Tendonitis](#)" (2013) and "Total Knee Health" (2012).

Martin has independently worked with Germany's national volleyball team and the methods taught in his books are being used by numerous other professional, as well as recreational athletes from a wide range of sports.



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