Treatment Protocol:
Patellar Tendonitis

**Protocol Information**

<table>
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<th>Disorder:</th>
<th>Patellar Tendonitis</th>
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<td>Date:</td>
<td>May 4, 2011</td>
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<tr>
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</tbody>
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**Protocol Description**

**Disorder Description:**

Tendinitis (informally also tendonitis), meaning inflammation of a tendon (the suffix -itis denotes diseases characterized by inflammation), is a type of tendinopathy often confused with the more common tendinitis, which has similar symptoms but requires different treatment. The term tendinitis should be reserved for tendon injuries that involve larger-scale acute injuries accompanied by inflammation. Generally tendinitis is referred to by the body part involved, such as Achilles tendinitis (affecting the Achilles tendon), or patellar tendinitis (jumper's knee, affecting the patellar tendon).

**Treatment Position:**

1) High light 10 min or Low light 15 min over medial aspect of the knee;
2) High light 10 min or Low light 15 min over lateral aspect of the knee;
3) High light 10 min or Low light 15 min over Patellar Tendon (just below the kneecap).

**Treatment Protocol:**

- Time: 30 mins
- Position: 3
- Light: High
- Treatment Interval: 5 times/week, 4-8 weeks

**Result:**

- Satisfactory
- Acceptable
- Desirable
- Exceptional
- Fully healed