

PROTOCOL INFORMATION

Disorder: Patellar Tendonitis Date: May 4, 2011
 Developed By: Dr . Hao Wu Reviewed By: Dr. Paul Ziemer

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 tendonitis, which has similar symptoms but requires different treatment. The term tendonitis should be reserved for tendon injuries that involve larger-scale acute injuries accompanied by inflammation. Generally tendonitis is referred to by the body part involved, such as Achilles tendonitis (affecting the Achilles tendon), or patellar tendonitis (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: 30mins Position: 3 Light: High Treatment Interval: 5 times/week, 4-8 weeks

Result: Satisfactory Acceptable Desirable Exceptional Fully healed