

HEALTH TIP



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WHAT IS JUMPER'S KNEE?

Medically referred to as patellar tendonitis, this condition is characterized by inflammation of the tendon that connects the kneecap to the shin bone. What to know about Jumper's Knee:

- Typically, a sports-related injury caused by knee joint overuse – often because of repeated jumping on hard surfaces.
- It weakens the patellar tendon and if left untreated can lead to a tear in the tendon.
- Common symptoms include pain, tenderness, and swelling around the kneecap, especially when jumping, running, or walking.
- Jumper's Knee is best diagnosed and monitored by an orthopedic professional who specializes in conditions affecting the knee.
- Stopping the offending activity and using the R.I.C.E method are good treatment options while the injury heals



@mandelbaummd



@DrBertMandelbaum



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