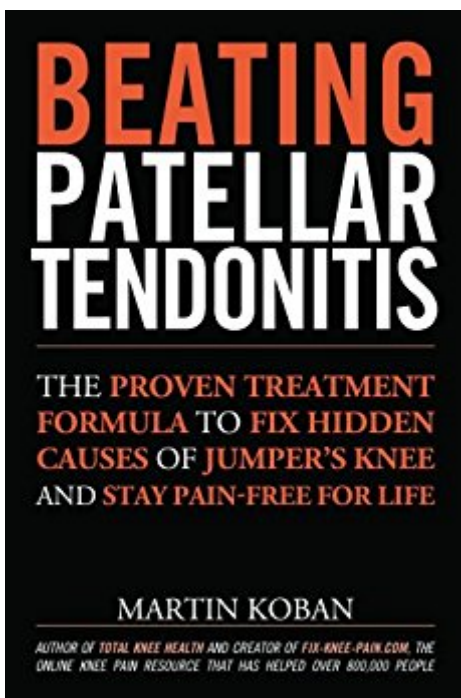


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# Beating Patellar Tendonitis



## Synopsis

Are you struggling with patellar tendonitis (â œJumperâ ™s Kneeâ •) and canâ ™t seem to make progress in recovering from it no matter what you do? Itâ ™s not your fault. Keep reading to learn the surprising truth about how you can finally fix this situation. The authorâ ™s story:â œBack when I suffered from patellar tendonitis, I thought I was doing everything possible to treat this injury. I was stretching regularly, warming up before games, strengthening my legs, and doing whatever else doctors suggested might help. However, the pain never stopped. Sure, some days were better than others were, but I was still in pain and my athletic performance was severely handicapped. I was frustrated with my lack of progress, and I couldnâ ™t believe that for all the effort and dedication I put into my training, I was being punished with pain that was impossible to get rid of. The worst part was that every time I thought I had made progress, the pain returned. The whole experience was so depressing that I almost quit playing my sport. Today, my knees are completely pain-free. I can play my favorite sports and train exercises that are extremely tough on my knees, such as deep single-leg squats, without having to worry about knee pain. I would have never imagined this to be possible. Today, my legs are stronger than before my injury, and the best part is that I know exactly how I can continue to get them into even better shape without any risk. The reason I struggled with patellar tendonitis for so long wasnâ ™t my fault. I already knew some of the things I had to do, but to beat the odds, I needed to fix a number of hidden causes for patellar tendonitis and learn how to strengthen my weakened knees without reinjuring them. It took 3 years of research and self-experimentation to collect this knowledge, but now it is easily available in this book.â •â “ Martin Koban, Author of Total Knee Health

The reason people struggle with healing jumperâ ™s knee is because theyâ ™re using an outdated treatment approach that is based on research just as outdated. Your rehab efforts are doomed to fail if you donâ ™t eliminate all hidden causes for patellar tendonitis. These often ignored causes determine how much stress your patellar tendon is subjected to when youâ ™re moving and if you donâ ™t correct them, you will continue to overload your patellar tendon and the injury will simply reappear. *Beating Patellar Tendonitis* will hand you a proven treatment formula to fix these hidden causes of jumperâ ™s knee and give you the tools you need to stay pain-free for life. The advice in this book is based on 3 years of self-experimentation through trial and error, hundreds of research studies published in academic journals, and the combined knowledge of thought leaders in the fitness industry.

**You Need to Buy This Book If:** Youâ ™re an athlete with patellar tendonitis and you want to set new personal records You want to get rid of tendonitis knee pain once and for all You play volleyball, basketball, or any other sport that requires a lot of jumping and you want to stay on top of your competition Youâ ™re an athletic

trainer and want your clients to stay healthy You're a doctor and want to learn more ways how you can help your patients beat patellar tendonitis

## Book Information

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## Customer Reviews

Why I purchased this book: Roughly three years ago I had a spinal reconstruction after no longer being able to deal with the pain from shattering my T9, T10 and T11 in a car accident. I will first point out that I am only 26, so I have a lifetime ahead of me, which means that understanding how I can strengthen my body from the foundation up has become a huge part of pain relief. About two years ago (a year after my surgery) I began to lift weights. Of course, I began this process slowly and did a lot of research (credible sources) to understand what I should know about my body and what I needed to do to prevent it. With that, a lot of trainers don't do things correctly, so watch for a trainer that practices what they teach. Someone who doesn't have people start with the foundation of the body is just throwing them into results. Lastly, if you walk away from 12 weeks of training and are unable to workout or understanding what to research on your own you were not "TRAINED"

properly; that is, the very word training is to teach someone. Needless to say my back pain has improved A LOT, and I have a much stronger body overall. During this process I moved to quickly in training my legs and gluts, which got me to the point of patellar tendinitis. If your knees hurt while walking up the stairs, you already more than likely have it. After doing core and back strengthening on my own and being successful (I highly recommend the Tupler Technique - most outstanding core program I have ever used in my life!) I decided to utilize this program. It is partially because I tend to trust reviews more than anything; hence, why I feel the need to write them. It was extremely important for me to make sure the foundation of my body was strengthened because I can't have another serious issue --- so when my lower SI joint began to hurt and my right hip felt strained I moved fast in buying this book. How this program worked: First and foremost, healing anywhere is slow, so be patient!!! It is very challenging because you are working your muscles, joints and training your brain in ways you have never done before. Everything in this book is critical and can be applied to the rest of your body, especially the foam rolling. Even if you think you have foam rolling down, this book teaches you effective ways to foam roll, so regardless if you think you know it all, you don't. This book is backed by outstanding research, and coming from an academic mindset I appreciate that aspect about this book. I am also no expert with fitness and anatomy, but with the injury I went through, and still go through, I have found that understanding my own body and why things happen benefits me in all anatomical aspects. I have been doing the program around 4 weeks, but I was much tighter than I thought so I will be listening to my body and extending the phase 1 out for another few weeks. I do the exercises three times a week and the other parts (stretching and joint mobility) around 5 days a week. Life gets hectic so I set a realistic goal for myself so that I would fulfill the phases of the program. I will say, however, even doing the total program three times a week will help immensely with pain from your lower back and down. I can go on and on about this program but if you experience Achilles pain, plantar pain (bottom of the foot), patellar tendonitis, lower back pain or just pain in general BUY IT! In addition, to helping with patellar tendonitis this book teaches you about the significance of compensating in other areas, which is very underestimated in my opinion. It is important for everyone to understand how the human body connects and how not being active, consistent, and smart about how you train can counteract the benefits and cause injury. This book has helped me immensely and I will implement these principles into my workout routine for the rest of my life. It is also a cost effective way to avoiding doctor bills and PT bills, although sometimes you just need to do those options if you are lacking in doing these exercises properly. I will also say one last thing, which is that you will need a foam roller (I recommend buying two - a half and full length roller), I recommend also buying a

smaller hand held foam roller, a tennis ball (or foot roller), a slanted squat board, and a tall stick. All of this cost me about the same or less than a PT session - just a thought.

This book is extremely well written and well researched. The phased massage, stretching, mobility, and strength routines are based on scientific evidence and have been proven to successfully treat patellar tendonitis. I'm four weeks into the program and am showing some good progress. So why did I give the book only four stars? The book did not go far enough and discuss a complimentary therapy that may be needed by those sufferers who have a chronic tendonosis and not simply tendonitis that has recently surfaced for the first time. My patellar tendon problems began six years ago when I was training for the world senior games. I have aggravated the problem repeatedly over the years by running and playing tennis. Recently, a Physical Therapist (PT), while examining my knee, identified significant scar tissue impacting the patellar tendon. The PT explained that scarring, which occurs each time you injure the knee, builds up and can interfere with movement, cause pain, and prevent the tendon from healing properly. He indicated there was a PT specialty called ASTYM (pronounced A-STEM) that could provide a non-invasive removal of the scar tissue. He referred me to another PT having the necessary certification and I have been under his care for just over one week. ASTYM is actually a refinement of an older therapy called Implement Assisted Soft Tissue Mobilization (IASTM). Basically it involves using a hard implement to gently but systematically break down scar tissue. From the ASTYM.com website: "Astym treatment stimulates tissue turnover, scar tissue resorption, and the regeneration of tendons, muscles and other soft tissue structures." ASTYM treatment is typically provided twice weekly for four to five weeks and is done in conjunction with eccentric loading, stretching, and functional exercises. The ASTYM process actually makes the tissue of the body stronger, and allows a patient's body to become adapted to greater stress without injury. According to the ASTYM.com website, the therapy has proven to be 97% successful. When I went to the ASTYM therapist I took Martin's program with me and the PT indorsed it 100%! One other important point, insurance covers the treatment!

Having Patellar Tendonitis isn't a huge deal considering many other things that could be wrong with the body, but for me it was devastating. I was in the middle of training for a hiking trip that was planned a year in advance, training for a race, and had just joined a new CrossFit gym. I went to see a physical therapist who diagnosed me and gave me exercises do to and told me to rest. I followed it to a T and nothing changed. After an entire month of no change and having rested the

entire time, and after having seen some of Martin's videos on youtube, I decided to buy the book and take matters into my own hands. Literally two weeks after reading the book (it's a very easy read) and following the protocol (easy to follow and much of it you can do while watching TV) I started noticing a change. A week after that (3 weeks in), I finally stopped having constant pain. I can finally go on walks again! I know there is a long road to healing (as he explains in the book), but I'm so relieved and excited that I can at least get back outside. And by the way - some of the things the physical therapist suggested were opposite of what I should have been doing! This book has the research to back up the protocol, which put my mind at ease. I strongly recommend if you have Patellar Tendonitis! I wish I would have bought this when I was first diagnosed!

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