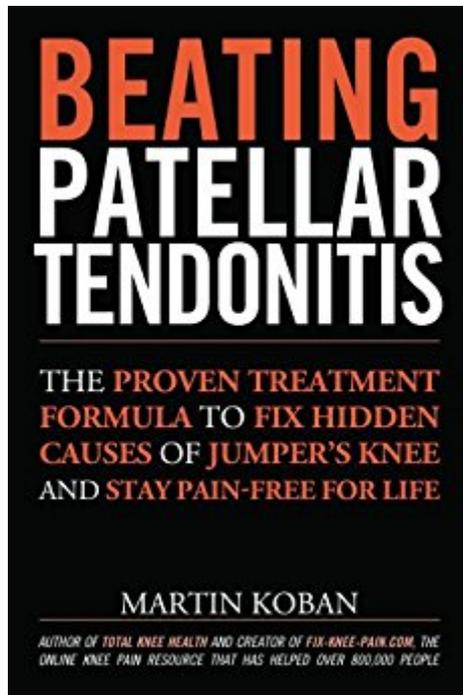


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# Beating Patellar Tendonitis



## 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The reason people struggle with healing jumperâ ™s knee is because theyâ ™re using an outdated treatment approach that is based on research just as outdated.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.

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