



Pioneer Basketball
Club

Jumper's Knee (Patellar Tendinopathy)

What every basketballer should know



What is Jumpers Knee?

Jumper's Knee is an overuse injury affecting the patellar tendon - the band connecting your kneecap to your shin.

It develops when the tendon is repeatedly stressed through jumping, sprinting, and rapid changes of direction.

Basketball players are especially at risk due to constant take-offs, landings, and explosive movements.

WHEN TO SEEK HELP

- Pain persists for more than 2–3 weeks
- Pain limits jumping or sprinting
- Swelling or sharp pain develops

A sports and exercise professional can assess movement patterns, guide rehab, and help you return to play safely.

Common Signs and Symptoms



Pain at the bottom of the kneecap



Stiffness during warm-up that improves, then worsens after training



Tenderness when pressing the patellar tendon



Pain when jumping, decelerating, or changing direction



Reduced power or confidence when landing

Why It Happens in Basketball

- High volume of jumping and landing
- Sudden spikes in training load
- Weakness in quads, glutes, or calves
- Poor landing mechanics
- Limited ankle mobility
- Hard playing surfaces



How to reduce your risk

1. Build Strong, Balanced Legs

- Strengthen quads, glutes, hamstrings, and calves.
- Include slow, controlled exercises to build tendon capacity

2. Improve Landing Mechanics

- Land softly with bent knees and hips
- Keep knees aligned over toes
- Absorb force through the whole leg

3. Manage Your Training Load

- Avoid sudden increases in jumping volume
- Use a mix of high- and low-impact sessions
- Prioritise recovery after games and tournaments

4. Maintain Mobility

- Keep ankles, hips, and quads flexible
- Stretch after training and games



Safe exercise progression

Early Stage (Low Load)

- Isometric wall sits
- Slow bodyweight squats
- Calf raises

Mid Stage (Controlled Load)

- Slow tempo squats or split squats
- Step-downs
- Hip and glute strengthening

Late Stage (Sport-Specific)

- Jump-land drills
- Low-volume plyometrics
- Controlled change-of-direction work

It is important to progressively load in heavy weight 3-6 reps before the plyometrics

Strong legs, smart training, and good landing mechanics keep your knees healthy and your game strong.

What a Coach Can Help With

Technique Coaching

- Landing mechanics
- Jumping form
- Deceleration and cutting technique

Strength & Conditioning Support

- Progressive loading plans
- Tendon-friendly strength exercises
- Monitoring training load and fatigue

Recovery Guidance

- Warm-up and cool-down routines
- Load management strategies
- When to modify or reduce training