

1



**Wall airplane**

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 2-3 feet in front of a wall. Hinge at your hip as you lean your trunk forward and place your opposite foot lightly on the wall behind you. Hold this position for 45-60 seconds. You should feel it in the gluteal and thigh muscles of the standing leg.

2



**Prone Leg Flutter**

Lie on your stomach with your forearms on the floor, or in a high push-up position, and toes touching the floor. Activate your abdominal muscles to lift your pelvis off the floor so that your body is as straight as a plank. Hold this position as you alternate lifting your right and left leg. Perform 2 x 10-12 repetitions each.

3



**Anterior Cone Touch (Both Hands)**

Stand on one leg with toes pointed straight ahead and knee unlocked approximately 18" behind a cone. Hinge at your hip as you reach forward with both hands and lightly touch the cone. Return to the starting position. You may lightly place your opposite leg on the floor behind you for balance. Perform 3 x 12 repetitions.

4



**Warrior I**

Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your R foot to the R and your L foot to the R and lower your pelvis towards the floor as you attempt to make your right thigh parallel to the floor. Inhale your arms overhead as you press your palms together. Gaze towards your thumbs and take 5 deep breaths.

5



**Walking Lateral Lunge**

With feet pointed straight ahead, take a large step to the right, allowing your hip to sink towards the floor until your thigh is parallel. Your knee should not move in front of your toes. Pull yourself up using the right leg as you return to the upright position. Perform to the right for 2 x 12-15 repetitions. Repeat to the left side.

6



**Triangle**

Stand with your feet 3-4' apart, toes pointed straight ahead, and arms out to a "T". Keeping your belly facing forward, inhale and turn your right foot 90°. Exhale and bring your right hand towards the right foot while the left hand points up towards the ceiling. Inhale and look up towards the ceiling. Take 5 deep breaths in this position and return to the upright position. Repeat to the left side.

## **What is Patellar Tendonitis?**

Patellar tendonitis is inflammation of the patellar tendon, which sits below that knee cap and above the top of the tibia. This inflammation can cause pain in the front of the knee with running, jumping, squatting and stair climbing.

## **The Why Behind the What**

### **Exercise #1 - Wall Airplane**

This yoga pose strengthens the gluteus medius. In this exercise, it teaches the gluteus medius to hold your pelvis level, and maintain the correct posture. In addition, your gluteus maximus has to work hard to keep you in the right position. Lastly, this exercise helps with ankle mobility, as part of this pose is balancing for the 30 seconds.

### **Exercise #2 - Prone Leg Flutter**

The prone leg flutter strengthens the gluteus maximus, while training your body to maintain a tight core at the same time. If the gluteus maximus is weak, it can cause the quadriceps muscles to work harder to decelerate the lower leg and can strain the patellar tendon.

### **Exercise #3 - Anterior Cone Touch (Both Hands)**

This is a great way to both stretch the hamstrings and work the gluteus maximus at the same time. You should feel this exercise in your glutes! Make sure your knee is unlocked and directly over your foot, and keep your back straight to get the most out of this exercise.

## **The Common Causes of Patellar Tendonitis**

Patellar tendonitis is considered an overuse injury, as the patellar tendon gets pulled on over and over and gets irritated. This can be caused by poor body mechanics caused by a stiff ankle, a rotated pelvis (caused by tight hamstrings), or a tight hip.

### **Exercise #4 - Warrior I**

This yoga pose strengthens the glutes and the quads while stretching the hip flexors in the back leg. Make sure to keep your knee over your foot. Don't let it fall inwards or go past your toes. You should feel this one in your glutes on the front leg and a stretch in the back leg.

### **Exercise #5 - Walking Lateral Lunge**

This exercise stretches the adductors on the inside of the thigh, while working the glutes in a side to side plane of motion. Make sure the lunging knee does not go past the toes, keep your chest up, and push your butt back (like you're sitting on a ball).

### **Exercise #6 - Triangle**

The triangle pose improves flexibility of the innermost hamstring on the front leg, while stretching the muscles in the lower back. It also encourages rotation and extension in the upper spine, which many people lose due to poor posture.