

Heavy Slow Resistance Training for Patella Tendinopathy

Exercise	Description
1. Back Squat	<ol style="list-style-type: none">1. Place the bar on top of your shoulders behind your head, with your upper traps squeezed together, ensuring the bar is not sitting on the bony prominence of your spine.2. Stand with feet hip distance apart with your toes, knees and hips in a straight line.3. Pull your belly button towards your spine and contract your abdominal muscles4. Slowly lower your body, as though you are sitting in a chair.5. Keeping the weight in your heels, slowly push your body back to starting position.
2. Front Squat	<ol style="list-style-type: none">1. Place the bar so it rests on your shoulders and fingers to the front, with your elbows placed high to the front.2. Stand with feet hip distance apart with your toes, knees and hips in a straight line.3. Pull your belly button towards your spine and contract your abdominal muscles.4. Slowly lower your body, as though you are sitting in a chair.5. Keeping the weight in your heels, slowly push your body back to starting position.
3. Walking Lunges	<ol style="list-style-type: none">1. Step forward with your right foot, bending both knees so that your front knee is aligned over your ankle.2. The back knee comes close to the floor. Your back heel is lifted off the floor.3. Before your back knee touches the floor, push up with your back left leg, forcing the weight of your body through your right heel.4. Simultaneously bringing your left foot together with your right foot.5. Repeat on your left leg and continue forwards for 8 steps

Pain during exercises is acceptable, but pain and discomfort are not to increase after cessation of training.

Training table

Week	Session Number	Tempo	Rep range
1	1-3	3:3	15 x 4
2	4-6	3:3	12x 4
3	7-9	3:3	12x 4
4	10-12	3:3	10 x 4
5	13-15	3:3	10 x 4
6	16-18	3:3	8 x 4
7	19-21	3:3	8 x 4
8	22-24	3:3	8 x 4
9	25-27	3:3	6 x 4
10	28-30	3:3	6 x 4
11	31-33	3:3	6 x 4
12	34-36	3:3	6 x 4

2-3 minutes rest between each set