



KILOMETERKLUB

YOUR JUMPER'S KNEE INJURY REHAB GUIDE FROM LIESEL

What I want you to do first at home

If this were my runner in week one, I would keep the plan simple: calm the irritation, remove the biggest trigger, and start rebuilding capacity instead of waiting passively for a miracle.

- Reduce the provocative elastic loads first
- Use progressive loading from isometrics to heavy slow resistance to energy-storage work
- Monitor 24-hour response and next-day pain
- Be patient; tendons improve with consistency more than with clever tricks
- Use the 24-hour response as your guide: if the next day is notably worse, the load was too high.
- Keep doing the strength work even once the pain settles.

What I would do in clinic

In clinic, I would first make sure the diagnosis fits the pattern and that we are not missing a more serious problem. Then I would identify the biggest load driver, test the weak links, calm the angry tissue down enough to let you move, and build a plan you can actually follow in real life. I would also use your running history, current schedule, shoes, terrain and gym habits to find the pattern that keeps this injury alive.

Strength & rehab prescription

The exercise plan should feel purposeful, not random. I usually break rehab into phases so the runner knows what matters now and what can wait.

- Early phase: Spanish squat holds, wall sit holds, pain-limited decline squat loading
- Strength phase: heavy split squats, leg press, squat variations, step-downs
- Elastic phase: pogos, jump rope, strides, short hills

Cross-training that usually works

Usually worth trying: Cycling if tolerated, Pool running, Strength work that stays under tendon flare threshold.

Usually better to avoid early on: Jump circuits, Maximal hill sprints, Explosive gym blocks layered on hard running, Depth jumps too early.

Your best option is the one that lets you keep fitness without making tomorrow worse.

Road back to running

Returning to running is not the same thing as returning to full training. I want the tissue to tolerate easy impact first, then volume, then the spicy stuff.

1. Settle tendon irritability
2. Restore quadriceps strength and heavy load tolerance
3. Return to flat easy running
4. Add faster and hill running only when energy-storage drills are tolerated
5. Morning stiffness matters. If it is climbing, you are probably progressing too fast.

When I want you to get help

Seek review if tendon pain keeps recurring, if you cannot tolerate stairs or squats, or if you suspect a significant tendon tear. Red flags I would take seriously include: A sudden pop or traumatic onset; Large swelling or major loss of extension strength; Diffuse deep joint pain rather than local tendon pain.

If you are still not coming right, book a consultation with me through our website at

www.kilometerklub.com