

THE LOCKDOWN SESSIONS

#StayHome #BeActive #StaySafe



WELSH ATHLETICS
ATHLETAU CYMRU

PATELLAR TENDON ISOMETRIC LOADING

- Spanish Squat
- Equipment: Monster band (1" thick or thicker)

How:

1. Wrap the monster band around something stable at knee height [see images below].
2. Place one foot in each of the loops of the monster band
3. Take up the slack in the band by moving away from the fixing point
4. Slowly sit backwards into a squat (approx.. 70-90deg knee flexion, the band will counterbalance your weight moving backwards)
5. Keeping the weight through your heels, hold this position to isometrically load the patellar tendon

Reps/Sets: As advised by your physiotherapist (usually performed as 5-6 x 45 secs holds with 1-2 mins rest between each for analgesic loading)

Variations: Load can be added by holding a kettle bell/plate/dumbbell.

- Single leg variation can be done with a thick band/seatbelt attached securely to fixing point.
- Eccentrics can be performed by lowering yourself down slowly (4-5sec).

