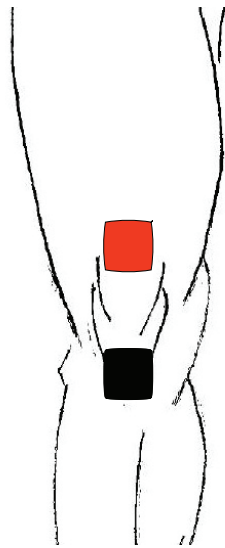


**Patellar Tendinitis**

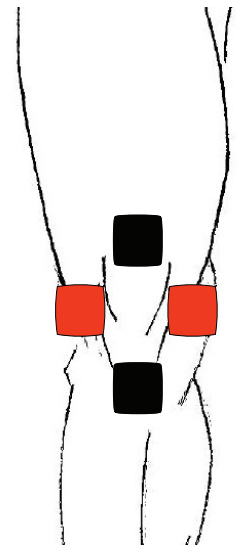
Patellar Tendinitis usually results from overuse, trauma or repetitive injury to the knee. TENS can be used to decrease pain and increase functional mobility.

Suggested Electrode Placements**2-pad placement**

Place electrode pads over anterior knee joint, superior and inferior to patellar tendon

4-pad criss-cross pattern placement

Place electrodes around knee joint with 2 pads superior and inferior to the joint and 2 pads medial and lateral to the joint

**Suggested Treatment Parameters****Mode: Modulated**

Pulse rate: 100-120 Hz

Pulse width/duration: 50-150 μ s

Amplitude: Low to moderate level stimulation

Treatment Time: Throughout the day as needed

Mode: Burst

Pulse rate: 2 Bursts/sec

Pulse width/duration: 180-200 μ s

Amplitude: Moderate level stimulation

Treatment Time: Throughout the day as needed

