



Sinding-Larson-Johannson Syndrome (Jumper's Knee)

Jumper's Knee is the common name for conditions involving pain and stiffness over the lower pole of the patella. It can present in a range of age groups – from school children to the elderly. The classic occurrence of Jumper's Knee is in 10-14 year olds, commonly involved in throwing and jumping sports. This classic adolescent condition is known as Sinding-Larson-Johannson Syndrome, which is a traction apophysitis - where traction of the patella ligament on the lower pole of the patella causes pain.

A person suffering from jumper's knee will describe an aching pain after exertion and an increase in pain when the quadriceps contract. Pain is also present during kneeling and on palpation over the tendon and its attachment to the lower pole of the patella. If the person continues activity or sport they will have chronic inflammation in the area leading to prolonged recurrent problems.

treatment of condition

Sinding-Larson-Johannson Syndrome is usually a self limiting condition. Relative (active) rest and myotherapy treatment will aid in healing. Relative (active) rest is where the patient stops the activity that causes the pain (jumping or throwing sports) and uses an alternative training method such as swimming.

Treatment of Jumper's Knee will vary depending on the patients presenting stage of the condition. Relative rest is again the most effective form of recovery in conjunction with myotherapy treatment.

Treatment from your myotherapist will involve a clinical history, biomechanical assessment, soft tissue techniques to the affected and surrounding areas, stretching therapies, and advice on exercise. Depending on the stage of the presenting condition, recovery may take 6-8 weeks.

Patient compliance will aid in the resolution of the problem with minimal recurrence. Therefore, you need to listen to your practitioner!



pain is felt over the lower part of the patella.

what you can do

Consulting a myotherapist for correct diagnosis, treatment and advice will reduce the pain symptoms, speed-up recovery time and decrease the chance of future complications.

Completing the following steps at home will aid in recovery:

1. Rest – avoid activities that cause pain such as kneeling. For children involved in throwing or jumping sports, substitute the activity with swimming or deep water running.
2. Ice – apply ice to affected area, especially in the acute stages of the condition. This will help reduce the swelling and pain, allowing for better recovery.

Remember: RICE: Rest, Ice for 48 hours after injury, Compression bandage after icing, Elevation as much as possible. Follow the RICE steps until swelling has gone .



deep water running