



## Infrapatellar strap, a useful approach to reduce local pain among young male athletes without altered jumping performance

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According to a study in 'Prosthetics and Orthotics International', the authors conducted a Pre-/post-test (within-subject research design) which explained that the infrapatellar strap could be recommended for use during physical activity as part of the physical therapy treatments for patellar tendinopathy.

Infrapatellar strapping is an effective treatment method used in many knee pathologies, but its effect on pain and functional performance among young athletes was not elucidated. Dar G and Mei-Dan E investigated the impact of infrapatellar strap on pain and jumping performance among young athletes diagnosed with patellar tendinopathy.

This study comprised of 16 young male basketball and volleyball athletes aged 12-18 years who were diagnosed with patellar tendinopathy. The infrapatellar strap was applied beneath the patella, over the patellar tendon. Four jumping tests: squat jump, drop jump, single-leg jump, and jumps 30 s analysis was performed by the athletes, with or without the strap. The VAS (visual analog scale) was used to examine the pain severity in the symptomatic knee during jumping. The jumping performance parameters were estimated via an Optojump Next optical measurement system.

It was found that the pain severity described by the participants decreased in the drop test, single leg jump test, and jumps 30 s test while using the infrapatellar strap as compared to no strap condition. There was no significant difference in jumping performance between jumping with and without the strap.

It was concluded that the infrapatellar strap was effective in receding local pain among young male athletes without altered jumping performance. It proves to be a suitable intervention for young athletes due to low cost, easy usage and being a non-invasive method without adverse effects.

<b>Source</b>	Prosthet Orthot Int
<b>Link to the source</b>	<a href="https://www.ncbi.nlm.nih.gov/pubmed/30101673">https://www.ncbi.nlm.nih.gov/pubmed/30101673</a>
<b>Original title of the article</b>	Immediate effect of infrapatellar strap on pain and jump height in patellar tendinopathy among young athletes
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