



Are you suffering from Patellar tendinopathy?

Purpose:

To compare the effects of 6-weeks of novel force feedback training against conventional home-based exercise in people with Patellar tendinopathy.

We are recruiting people who:



Have **no** medical history of...

AGE

18+

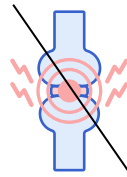
-55



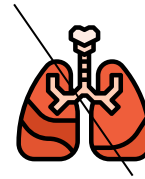
Neurological problems



Cardiovascular diseases



Systemic or inflammatory conditions



Chronic respiratory problems



Other Injury within the lower limbs in the previous 6 months



Lower limb surgery

Have had **pain** during the last 3 months in the **Patellar tendon**



What do you need to do?

This study involves **3 experimental sessions** and **training for 6 weeks**. You will be randomly assigned to a **force feedback training group** or a **home-based training group**.

We will use **ultrasound imaging** to measure the mechanical and structural properties of the Patellar tendon, and **high-density surface electromyography** to measure the activity of the thigh muscles.

For completing this study, participants will receive £60 or 6 research hours.



Ragul Selvamoorthy – r.selvamoorthy@bham.ac.uk