

Shockwave therapy and ultrasound therapy for chronic patellar tendinopathy

ACTRN12618000714280

Status	RECRUITING
Sponsor	The Jerzy Kukuczka Academy of Physical Education
Enrollment	36 participants

Plain Language Summary

Patellar tendinopathy — sometimes called "jumper's knee" — is a painful overuse condition affecting the tendon just below the kneecap. It's common in athletes who do a lot of jumping, running, and squatting, and if left untreated, the tendon can progressively worsen and even rupture. This study is comparing two non-surgical treatments: radial shockwave therapy (focused sound waves delivered through the skin) and ultrasound therapy (high-frequency sound waves), along with a placebo ultrasound group, to see which approach is most effective.

Researchers will measure balance, jump performance, pain levels, and overall function before and after treatment, and follow participants for up to 24 weeks to see how lasting the effects are. The goal is to provide clearer guidance on the best treatment for this often stubborn condition.

You may be eligible if you are between 18 and 60 years old and have had pain and tenderness at the bottom of your kneecap for more than three months, with ultrasound confirming tendon changes. You should not be pregnant, have significant heart or kidney problems, a pacemaker, blood clotting disorders, diabetes requiring insulin, rheumatoid arthritis, or have received physiotherapy or corticosteroid injections in the past six weeks. Athletes frustrated by persistent knee pain may find this study worth considering.

Key Eligibility Criteria

Inclusion (4)

- symptoms of over 3 months duration
- pain on palpation of the apex of the patella
- pain provoked by knee extension against resistance
- abnormalities within the proximal insertion of the patellar tendon identified on ultrasound

Exclusion (23)

- candidates under 18 years of age
 - pregnancy
 - thrombophlebitis
 - atherosclerosis
 - renal failure
- ... and 18 more (see full listing online)

Locations (1 total)

Silesia, Poland

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000714280>

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