



Beating Patellar Tendonitis: The Proven Treatment Formula to Fix Hidden Causes of Jumper's Knee and Stay Pain-free for Life

By Martin Koban

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Are you struggling with patellar tendonitis (“Jumper’s Knee”) and can’t seem to make progress in recovering from it no matter what you do? It’s not your fault.

Keep reading to learn the surprising truth about how you can finally fix this situation.

The author’s story:

• “Back when I suffered from patellar tendonitis, I thought I was doing everything possible to treat this injury. I was stretching regularly, warming up before games, strengthening my legs, and doing whatever else doctors suggested might help. However, the pain never stopped. Sure, some days were better than others were, but I was still in pain and my athletic performance was severely handicapped. I was frustrated with my lack of progress, and I couldn’t believe that for all the effort and dedication I put into my training, I was being punished with pain that was impossible to get rid of. The worst part was that every time I thought I had made progress, the pain returned. The whole experience was so depressing that I almost quit playing my sport. Today, my knees are completely pain-free. I can play my favorite sports and train exercises that are extremely tough on my knees, such as deep single-leg squats, without having to worry about knee pain. I would have never imagined this to be possible. Today, my legs are stronger than before my injury, and the best part is that I know exactly how I can continue to get them into even better shape without any risk. The reason I struggled with patellar tendonitis for so long wasn’t my fault. I already knew some of the things I had to do, but to beat the odds, I needed to fix a number of hidden causes for patellar tendonitis and learn how to strengthen my weakened knees without reinjuring them. It took 3 years of research and self-experimentation to collect this knowledge, but now it is easily available in this book.” – **Martin Koban**, Author of *Total Knee Health*

The reason people struggle with healing jumper’s knee is because they’re using

an outdated treatment approach that is based on research just as outdated. Your rehab efforts are doomed to fail if you don't eliminate all hidden causes for patellar tendonitis. These often ignored causes determine how much stress your patellar tendon is subjected to when you're moving and if you don't correct them, you will continue to overload your patellar tendon and the injury will simply reappear.

Beating Patellar Tendonitis will hand you a proven treatment formula to fix these hidden causes of jumper's knee and give you the tools you need to stay pain-free for life. The advice in this book is based on 3 years of self-experimentation through trial and error, hundreds of research studies published in academic journals, and the combined knowledge of thought leaders in the fitness industry.

You Need to Buy This Book If:

- You're an athlete with patellar tendonitis and you want to set new personal records
- You want to get rid of tendonitis knee pain once and for all
- You play volleyball, basketball, or any other sport that requires a lot of jumping and you want to stay on top of your competition
- You're an athletic trainer and want your clients to stay healthy
- You're a doctor and want to learn more ways how you can help your patients beat patellar tendonitis



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Editorial Review

About the Author

Martin Koban began his research into the hidden causes for patellar tendonitis and knee pain in 2009, after his brother suffered a meniscus tear during volleyball training. In the years that followed, Martin passionately studied the subject to learn how knee injuries can be prevented and how you can eliminate knee pain by fixing its often-ignored underlying causes.

Martin has since published two books on this subject and worked independently with Germany's national volleyball team. The methods taught in his books are being used by numerous other professional, as well as recreational athletes from a wide range of sports.

Users Review

From reader reviews:

Tonya Hooper:

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Kermit Diaz:

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