



CLASIFICACIÓN Y TRATAMIENTO CONSERVADOR DE LA TENDINOPATÍA ROTULIANA

IGNACIO DE RUS AZNAR, MD, PhD.





¿CLASIFICACIÓN?



I	II	III
Ejercicio	Inicio-Fatiga	Durante y después



¿TRATAMIENTO?

OCEC

PRP

Excéntricos

USGET

HV

A person is performing a squat in a gym. The background is slightly blurred, showing gym equipment like a barbell with weights and a large orange exercise ball. Overlaid on the image is a diagram consisting of a central orange circle labeled 'Excéntricos' and four smaller circles around it: 'OCEC' at the top, 'PRP' on the left, 'USGET' on the right, and 'HV' at the bottom. These four outer circles are connected by a thick orange ring. The 'HV' circle is a lighter shade of orange compared to the others.

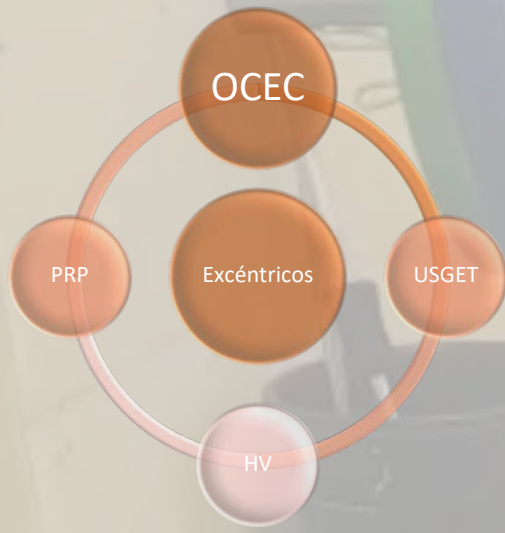
OCEC

PRP

Excéntricos

USGET

HV



Review > [Br J Sports Med.](#) 2009 Mar;43(3):163-8. doi: 10.1136/bjism.2008.050740.

Epub 2008 Aug 21.

Extracorporeal shockwave therapy for patellar tendinopathy: a review of the literature

[M T van Leeuwen](#)¹, [J Zwerver](#), [I van den Akker-Scheek](#)

[M T van Leeuwen](#)¹, [J Zwerver](#), [I van den Akker-Scheek](#)

OCEC

PRP

Excéntricos

USGET

HV

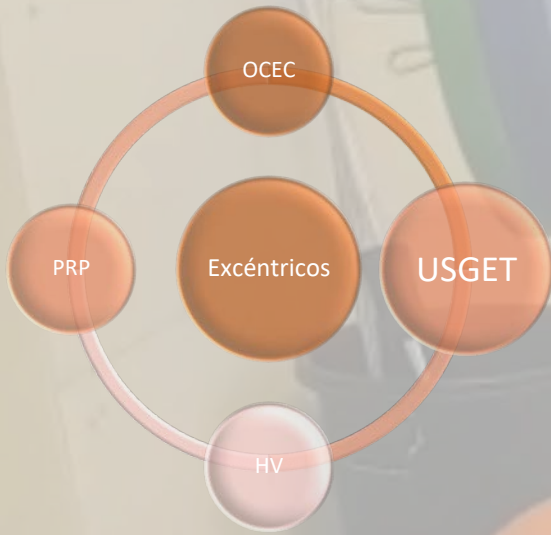
OCEC

PRP

Excéntricos

USGET

HV



> [J Exp Orthop.](#) 2016 Dec;3(1):34. doi: 10.1186/s40634-016-0070-4. Epub 2016 Nov 16.

Randomized controlled trial comparing the effectiveness of the ultrasound-guided galvanic electrolysis technique (USGET) versus conventional electro-physiotherapeutic treatment on patellar tendinopathy

F Abat ¹, J L Sánchez-Sánchez ², A M Martín-Nogueras ², J I Calvo-Arenillas ², J Yajeya ³, R Méndez-Sánchez ², J C Monllau ^{4 5}, P E Gelber ^{4 6}

OCEC

PRP

Excéntricos

USGET

HV

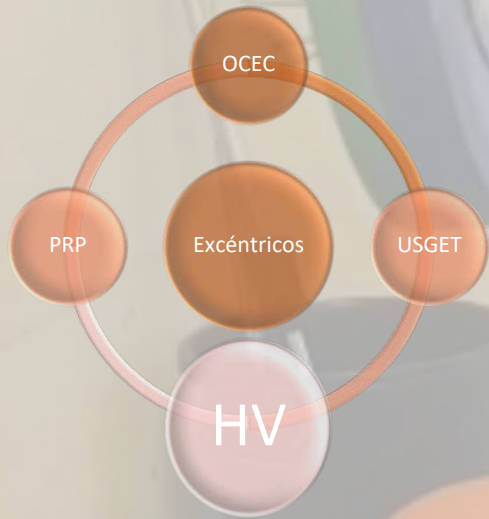
OCEC

PRP

Excéntricos

USGET

HV



> *Orthop J Sports Med.* 2022 Apr 8;10(4):23259671221088326. doi: 10.1177/23259671221088326.
eCollection 2022 Apr.

High-Volume Image-Guided Injections in Achilles and Patellar Tendinopathy in a Young Active Military Population: A Double-Blind Randomized Controlled Trial

Robert M Barker-Davies ^{1 2}, Polly Baker ¹, James Watson ¹, Duncan Goodall ¹, Patrick C Wheeler ²,
Alastair M Nicol ^{1 2}, Daniel T P Fong ², Mark P Lewis ², Alexander N Bennett ^{1 2}

OCEC

PRP

Excéntricos

USGET

HV

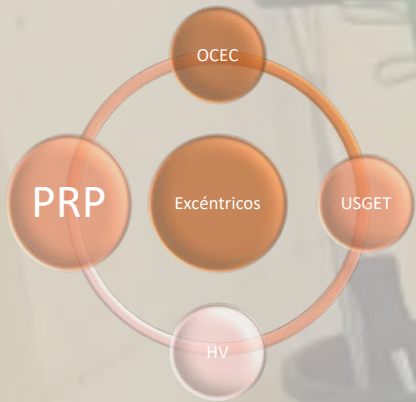
OCEC

PRP

Excéntricos

USGET

HV



SYSTEMATIC REVIEW | VOLUME 33, ISSUE 4, P861-872, APRIL 01, 2017



Purchase



Subscribe



Save



Share



Reprints



Request

Treatment Options for Patellar Tendinopathy: A Systematic Review

[Joshua S. Everhart, M.D., M.P.H.](#) • [Devon Cole, B.S.](#) • [John H. Sojka, M.D.](#) • ...

[Robert A. Magnussen, M.D., M.P.H.](#) • [Laura C. Schmitt, P.T., Ph.D.](#) • [David C. Flanigan, M.D.](#)  

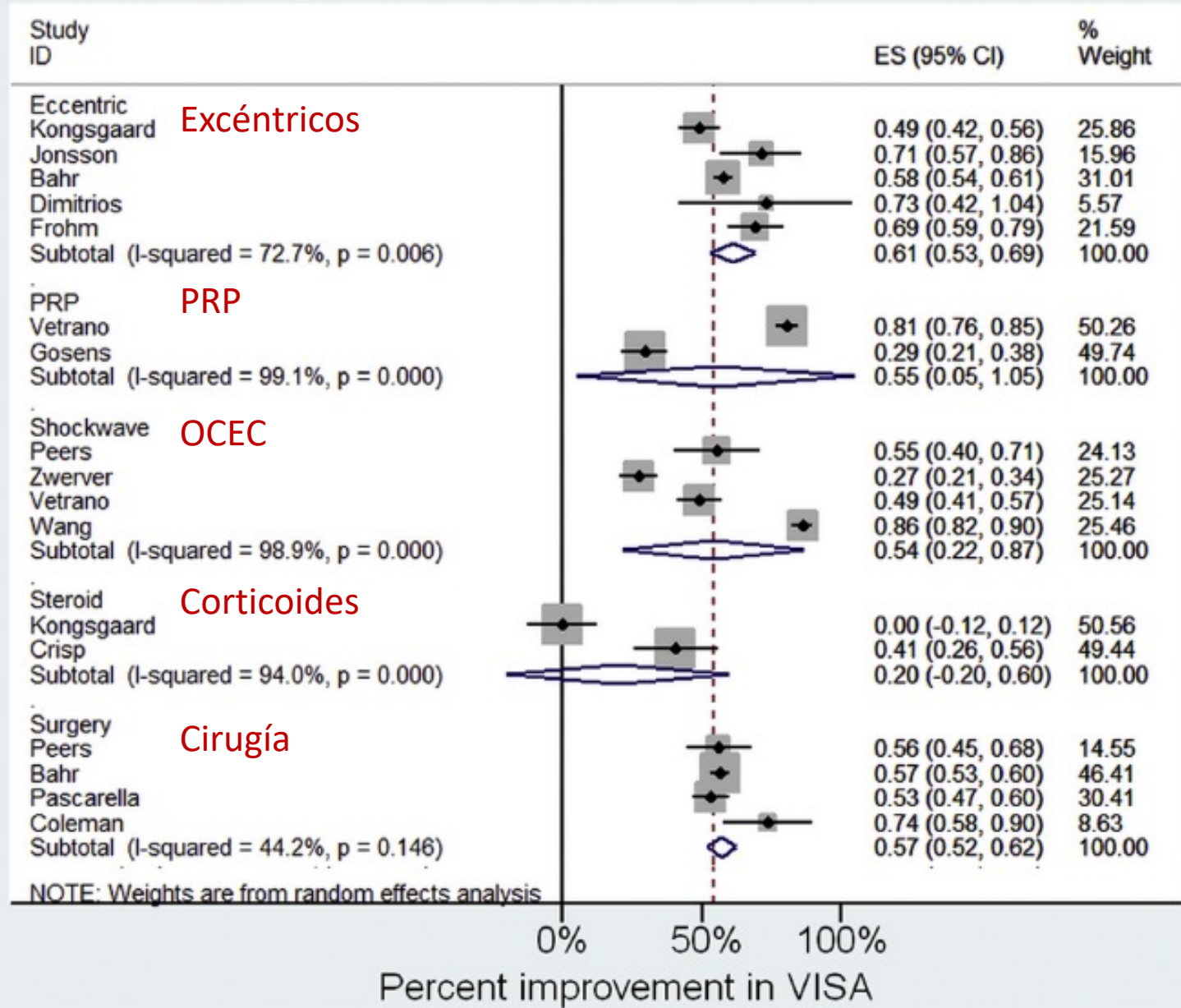
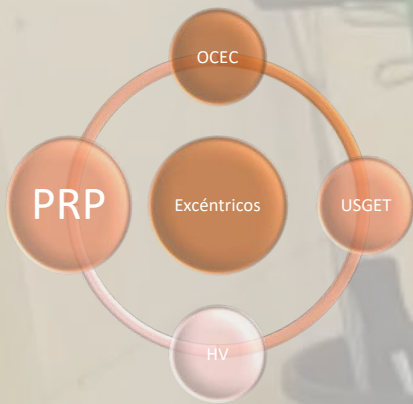
[Show all authors](#)

Published: January 16, 2017 • DOI: <https://doi.org/10.1016/j.arthro.2016.11.007> •



MeSH terms:
-patellar tendon
-tendonitis or tendinopathy
-treatment options
686 hits





OCEC

PRP

Excéntricos

USGET

HV



CLASIFICACIÓN Y TRATAMIENTO CONSERVADOR DE LA TENDINOPATÍA ROTULIANA

Muchas gracias.