knee pains, and history of injury of the subjects were evaluated with a questionnaire (Figure 1).

Real-time spatial compound imaging was done before treatment to aid the diagnosis of patellar tendinopathy and determine the severity.

Other methods of evaluation used were a vertical jump test and the Victorian Institute of Sport Assessment (VISA) test (Figure 2). Both of these assessments were done before, during, and after the treatment sessions. The vertical jump score was used to analyze the functional impairment of the tendinopathy and the VISA score was used to assess the degree of pain as well as the functional impairment. The VISA has proven to be a reliable method of assessing the severity of tendinosis based on symptoms and function. It has been particularly useful given that patellar tendinopathy does not have any pathognomonic symptoms other than tenderness with palpation, and its diagnosis often relies on patients’ ratings of pain.

**Statistical analysis**

This study is a pretest, midtest, and posttest randomized controlled study. Between-group differences on the

| Name: ____________________________________________________________________________________ |
| Date of birth: __________________________________ |
| Team/sport: ___________________________ Position: ________________________________ |

1. How long have you been participating in your sport? _____ years

2. Are you or have you been involved in any sports (weight training, soccer, baseball, etc.)?
   Check one: Yes If yes, state each sport and duration.
   No
   Sport: ___________________________ ________ years
   Sport: ___________________________ ________ years
   Sport: ___________________________ ________ years

3. How many hours per week do you spend on practising/competing/training? _____ hours a week

4. Have you ever felt a pain at the anterior knee area during or after a practice, game, or training session?
   Check one: Yes
   No

5. Have you ever been diagnosed with patellar tendinopathy?
   Check one: Yes If yes, when? __________
   No

6. State every injury or abnormality that you have had or currently have in your lower extremities including leg, knee, ankle, or foot injuries:
   __________________________________________________________________________________________
   __________________________________________________________________________________________
   __________________________________________________________________________________________
   __________________________________________________________________________________________

**Figure 1. Questionnaire used to evaluate subjects at beginning of ESWT study.**