

Some hints that may be helpful in designing your poster:

1. **Think bold and big.** Use a font that is easy to read like *Arial* or something not so frilly and a point/font size that is no smaller than

22 like this – so it is easy to read from a distance.

2. **Think what, where, how & why.** In organizing your poster always answer these key questions. What the heck is it that we are talking about? Where is it located? In summary or briefly, how does it work? Why is it important? Who is important, too! Be sure to include your name on the poster and to provide appropriate peer-reviewed scientific resources. If you use the Internet, be sure to include support from .edu, .org, .gov – the most accurate and reliable web sites.
3. **Use only key words.** By eliminating articles and preposition and using symbols (e.g., ↓ for decreases, ↑ for increases, → for leads to, ~ for approximately) you can really make it easy for the viewer.
4. **Go with the flow.** Use flow charts and pictures rather than words. Before securing the elements of your thematic poster, think about the direction of flow or path you want your viewer to follow. Play with a few designs, move around and mock space parts, to see what seems most logical and attracts your attention the most to key elements of your poster.
5. **Think 5!** What are 5 key, *take-home messages* you want your viewer to remember? Be sure to include these in your brief, oral summary. If you think about this at the start of developing your poster and then work your way out, it will make the process much easier. It is like building the foundation of a house at the very beginning.

# Jumper's Knee

## Thematic Poster Presentation

### What is it?

Jumper's Knee (Patella tendonitis / patella tendinopathy) is when the patellar tendon is either inflamed, has micro-tears, or collagen degeneration present.

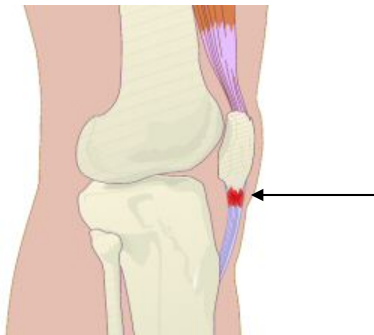
Commented [VPL1]: Good, nice and tight definition. Great start!

### Where's it located?

Anterior, inferior aspect of the knee cap. Where the patellar tendon adheres to the knee cap.

Commented [VPL2]: In real poster, maybe formalize a bit, by spelling out and avoiding contractions.

Commented [VPL3]: Of knee-cap proper or at start of tendon below knee-cap that ultimately inserts into tibia. Maybe not clear as you have listed that is tendon junction inflammation? Be sure to be highly specific anatomically. Inferior border of boney patella at junction with patellar tendon?



### How's it work?

It can come from multiple factors; however, it's most prevalent when individuals, typically active persons, put a large amount of strain on the knee joint too quickly, over an extended amount of time, etc...

Commented [VPL4]: See comment # 3.

Commented [VPL5]: See comment # 3.

### Why's it important?

It's important because your knee joints are one of the poorest "fashioned" joints of your body. It holds an extreme amount of weight and a lot of use comes from your knee. Jumper's knee is a condition of chronic pain and if you don't take care of your knee, then you may find yourself in a lot of pain and a lot of loss of function.

Commented [VPL6]: Be sure to list population most susceptible, that is, age range most likely, gender, race, fitness level, typical activities engaged in, if known. This should come closer to beginning in section entitled *How often?*

Commented [VPL7]: See comment # 3.

Commented [VPL8]: Was hoping for a few references here. Have you looked anywhere other than briefly on-line? Just let me know in class. Hope you're much better now. Solid start, Megan, keep up the good work! Sincerely, vpl