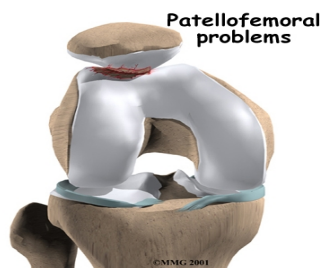


Patellofemoral Pain

What is it?

- The patellofemoral joint is the articulation between the thigh bone (femur) and the knee cap (patella)
- Usually the kneecap sits in a groove at the end of the femur, sliding up and down on a smooth surface as the knee bends and straightens. Pain may occur if this lining is damaged or an imbalance in the muscles develops, pulling the kneecap onto one surface more than the other (lateral tracking). This can lead to irritation of the underside lining of the kneecap and cause pain.



What do I look for?

- The symptoms usually consist of an ache or sharp pain in around the kneecap, which is aggravated by running, squatting, stairs and standing up after a period of immobility
- People of all age may present with patellofemoral pain

What causes it?

- Imbalances between the quadriceps muscles
- Muscle imbalances in the lumbo-pelvic region
- Poor foot posture
- Recent knee pain/trauma

How can this be treated?

- A physiotherapist can use a variety of techniques including manual therapy, strapping, electrotherapy, and stretches and exercises to address muscle imbalances.
- Knee tracking bracing can be very effective in managing this condition.



Do I see my doctor?

- If symptoms persist consult your doctor for further investigation.