

# Subluxing or Dislocating Knee Cap

## What is it?

Commonly occurs during deceleration. The knee cap slides partially out of the groove that is designed for it, but it doesn't limit mobility.

## What causes it?

Strength imbalance between the outer quadriceps group and the inner group. Impact to the side of the knee cap. Twisting of the knee..

## Symptoms

Pain and swelling behind the knee cap. Feeling of pressure under the knee cap. Pain when bending or straightening the knee.

## Top Tips

Use ice packs and prescription anti-inflammatories to manage the pain as soon as possible

## How to Treat it

RICER. Anti-inflammatories



## Rehab & Prevention

Swimming or biking, low impact exercises. Strengthening of vastus medialis and stretching vastus lateralis will help correct the muscle imbalance that may cause this condition. A brace to hold the knee cap in place may be needed when initially returning to activity. Keep muscles around the knee strong and flexible.

## Definitions

**Subluxation** – partial dislocation

**Dislocation** – complete disturbance from an original place

**Quadriceps** – group of muscles found at the front of the thigh

**RICER** – rest, ice, compress, elevate and refer

## Associated Conditions

- Medial Collateral Ligament Sprain (MCL)
- Anterior Cruciate Ligament Sprain (ACL)
- Meniscus Tear
- Bursitis
- Knee (synovial) Plica
- Osteochondritis Dissecans
- Patellofemoral Pain Syndrome
- Patellar Tendinitis (Jumper's Knee)
- Chondromalacia Patellae (Runner's Knee)

## Get Help Now

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com