

Knee (synovial) Plica

What is it?

The synovial plica is a thin fibrous membrane in the knee joint. Inflammation due to friction or pinching between the patella and the femur.

What causes it?

Common when a trauma occurs to the knee when it's flexed and placed under stress. Repetitive stress, especially with medial weight bearing eg biking

Symptoms

Pain and tenderness.

Top Tips

Stop activities causing irritation. Use ice packs and anti-inflammatories to manage the pain.

How to Treat it

Reduce activity. RICER. Anti-inflammatories



Rehab & Prevention

Strengthening quadriceps and hamstrings to take pressure off synovial plica. Increasing flexibility in those muscles will also relieve pressure that may be irritating the condition. Use of proper equipment, especially running shoes, can eliminate the irritation and force the knee back into proper alignment during activity.

Definitions

Patella – knee cap

Femur – thigh bone

Flexion/Flexed – movement in the body where the angle between two body parts is decrease

Medial Weight Bearing – weight being taken predominantly through the inner part of the body ie knee

RICER – rest, ice, compress, elevate, refer

Associated Conditions

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

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