

Patellofemoral Pain Syndrome

How to treat it?

Rest, which may simply mean reducing the intensity and duration. Ice and anti-inflammatories.

What causes it?

Incorrect running form or improper shoes. Weak or tight quadriceps. Chronic patella dislocations.

Symptoms

Pain on and under the knee cap. Clicking or grinding may be felt when flexing the knee. Dull, aching pain in the centre of the knee

Rehab & Prevention

Restoring strength and flexibility of the quadriceps. Gradual return to activity, limiting repetitive stresses on knees. Proper warm ups and cool downs.

What is it?

Pain in the patella (knee cap) after sitting for a long time or running downhill. Results from incorrect movement of the patella over the femur or tight tendons.

The articular cartilage under the knee cap may become inflamed as well, leading to another condition called chondromalacia patellae. Found more commonly in women.



Top Tips

Rest, ice and acquire prescription anti-inflammatories as soon as possible

Definitions

Patella – knee cap

Femur – thigh bone

Tendon – flexible, inelastic band of strong fibrous tissue attaching muscle to bone

Chondromalacia Patellae – abnormal softening of the cartilage of the underside of the knee cap/patella. Pain felt in front of knee.

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

Associated Conditions

- Medial Collateral Ligament Sprain (MCL)
- Anterior Cruciate Ligament Sprain (ACL)
- Meniscus Tear
- Bursitis
- Knee (synovial) Plica
- Osteochondritis Dissecans
- 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