

# Chondromalacia Patellae (Runner's Knee)

## What is it?

Softening and degeneration of the articular cartilage of the patella (knee cap). In older adults it can be the result of degenerative arthritis.

## What causes it?

Usually due to overuse, trauma or abnormal forces on knee. Repetitive micro-trauma to the cartilage. Misalignment of the knee cap. Previous fracture or dislocation of the knee cap.

## Symptoms

Pain that worsens after sitting for prolonged periods or when using the stairs or when rising from a seated position. Tenderness over the knee cap. Grating or grinding sensation when the knee is extended

## Top Tips

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

## How to Treat it

Rest and ice. Anti-inflammatories



## Rehab & Prevention

Limiting activity until pain subsides and then gradually re-entering activity. Strengthening and stretching the quadriceps to relieve pressure on patella. Avoid deep knee bends until pain has gone. Keep hamstrings and quadriceps strong and flexible to prevent this condition.

## Definitions

**Cartilage** – firm, flexible connective tissue found in articulating surfaces of joints (connections made between bones)

**Patella** – knee cap

**Degenerative Arthritis** – caused by inflammation, breakdown and eventual loss of the cartilage in joints

**Extension** – movement in the body where the angle between two body parts is increased

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

**Hamstrings** – group of muscles found at the back of the thigh

## 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)
- Subluxing or Dislocating Knee Cap

## Get Help Now

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