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

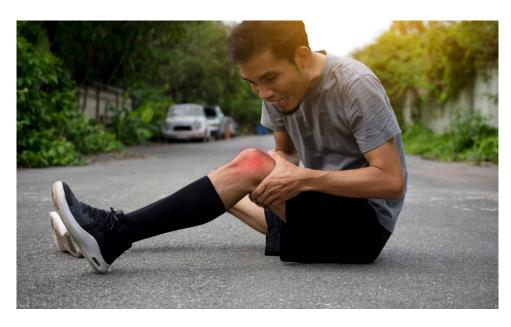
Pain that worsens after sitting for prolonged periods or when using the stairs or when rising from a seated position. Tenderness over the knee cap. Grating or grinding sensation when the knee is extended

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
 Patellogemoral Pain Syndrome
- Patellar Tendinitis (Jumper'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

