

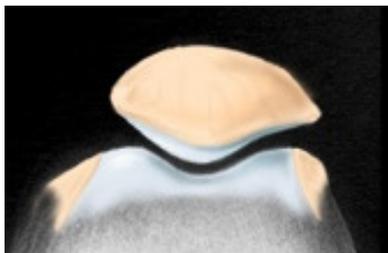


Jubilee

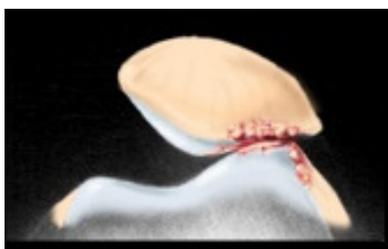
Patellofemoral Pain Syndrome

Patellofemoral pain syndrome is one of the most common disorders of the knee, accounting for up to one in every 4 knee injuries.

Patellofemoral pain syndrome usually involves pain in or around the kneecap (or patella). People tend to notice the pain particularly when going down stairs, squatting, kneeling or running. It may also be aggravated by long periods of sitting with the knees bent, and



Normal tracking patella



Lateral gliding patella with cartilage irritation



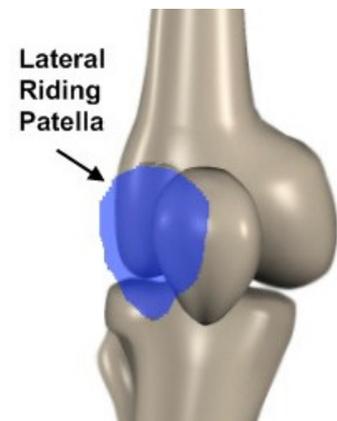
because of this it is also known as 'movie-goers knee'. Swelling is not usually a major feature of this condition and grinding or clicking is often felt when straightening the knee.

In this syndrome, the pain is usually the result of the kneecap not tracking smoothly through the groove in the underlying bone when the leg is being bent and straightened.

A combination of factors may result in the kneecap not tracking smoothly. Tightness of the outside thigh muscles (which pull the kneecap outwards) is often accompanied by weakness of the inner thigh muscle. This results in the kneecap

being pulled towards the outside of the leg (or laterally). Abnormalities of coordination among these various muscle groups may also contribute.

When the symptoms first develop they are best treated by icing the knee for 10-20 minutes after activity. It is also advisable to avoid any activities that exacerbate the pain.



A physiotherapist will be able to show you the stretching and strengthening exercises for the leg muscles that are often the cornerstone of treatment and important for full recovery.

**CARINGBAH 426 Kingsway 9540 9400
KAREELA 12 Freya St 9528 2200
jubileesportsphysio@optusnet.com.au**