

Patellofemoral Pain Syndrome

What is it?

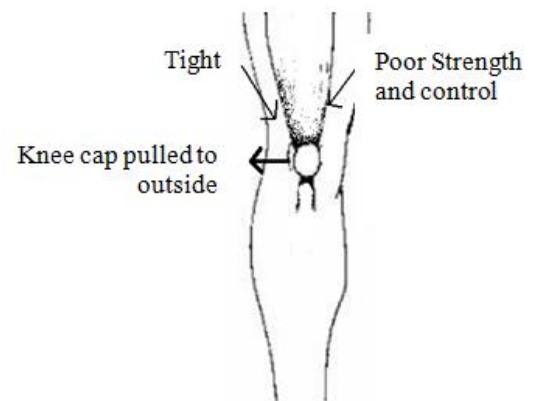
Patellofemoral pain arises from the joint formed by the back of your knee cap and front of your thigh bone.

When does it occur?

Patellofemoral pain is usually aggravated by sitting for long periods, climbing stairs or squatting.

Why does it occur?

The pain may be due to degeneration of the bone on the undersurface of the knee cap, but it is most commonly caused by the knee cap tracking outside its normal joint position. This usually occurs because of tight structures on the outside of your knee cap together with decreased control of a muscle on the inside of the knee cap. Therefore, resulting in the knee cap being pulled more to the outside of your leg.



Aim of treatment

The aim of physiotherapy is to restore the normal tracking of your knee cap. This is achieved by stretching out the tight structures on the outside of your knee cap and increasing the strength and CONTROL of the muscles on the inside.

What does treatment consist of?

Firstly, tape is applied to pull your knee cap towards the inside of your leg and restore it to its normal joint position. This is done to relieve the pain so that the muscle on the inside of your knee can be retrained effectively. Exercises are then performed so that the muscle on the inside of your knee can be retrained effectively. Exercises are then performed so that the muscle will take over the function of the tape and hold the knee cap in its correct position.

