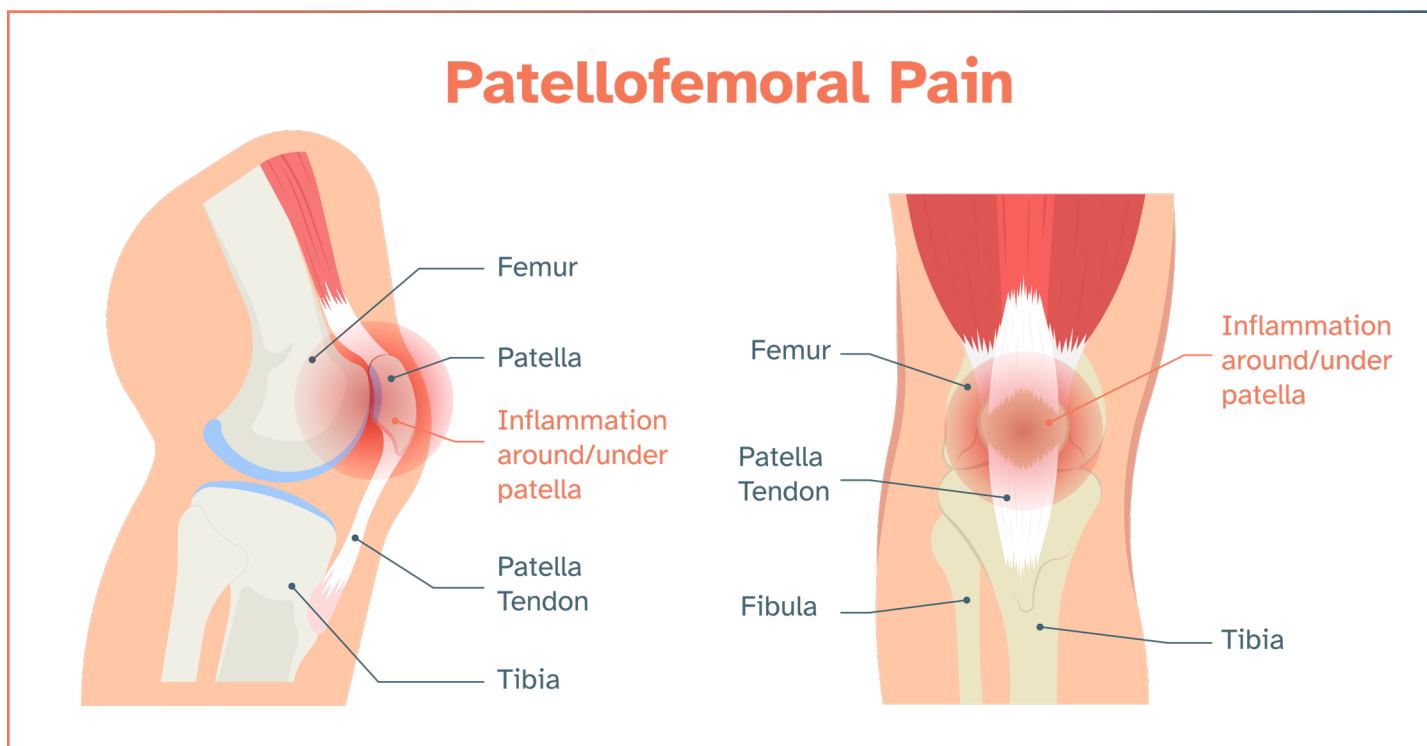


## OVERVIEW

**Patellofemoral Syndrome (PFP), or “Runner’s Knee,” is caused when the kneecap (patella) rubs unevenly against the thigh bone (femur) causing pain.**

**This is more common in young females.**



## CAUSES OF PATELLOFEMORAL PAIN

Patellofemoral Syndrome can occur due to an injury or slowly worsening symptoms. A primary cause for PFP is poor alignment of the joint due to weak hip and trunk muscles causing a knocked knee position when using the knee, especially for landing or jumping. The condition can also be related to overuse or degenerative disease. Inadequate conditioning including stretching and muscle tightness can contribute to the injury.

## SYMPTOMS OF PATELLOFEMORAL PAIN

- Dull, aching pain under the kneecap during activity
- Pain during squatting, sitting or climbing stairs
- A grinding (crepidice) sound may be heard

### TREATMENT FOR PATELLOFEMORAL PAIN

- Rest
- Strengthening Exercises
- Orthotic Shoe inserts
- Physical Therapy

Surgical treatment for patellofemoral pain is very rarely needed and is done only for severe cases that do not respond to nonsurgical treatment. Your physical therapist may analyze your walking and running patterns. They may test the strength of your hip and thigh muscles to find out if weakness is contributing to your pain. Medical imaging, such as an X-ray or MRI, is not helpful in diagnosing PFP.

### EXERCISE 1: Clamshell with Resistance



#### Instructions:

Begin by lying on your side with your knees bent 90 degrees, hips and shoulders stacked, and a resistance loop secured around your legs.

Raise your top knee away from the bottom one, then slowly return to the starting position.

Make sure not to roll your hips forward or backward during the exercise.

### EXERCISE 2: Side Stepping with Resistance



#### Instructions:

Begin standing upright with a resistance band looped around your thighs, just above your knees.

Bend your knees slightly so you are in a mini squat position.

Slowly step sideways, maintaining tension in the band.

Make sure to keep your feet pointing straight forward and do not let your knees collapse inward during the exercise.

#### Important:

The therapeutic exercises described on this page are for reference purposes only and may or may not apply directly to your condition. Only perform the exercises assigned by your physician. By using this information, you understand the potential risks connected with activity in any exercise, physical fitness or training program.