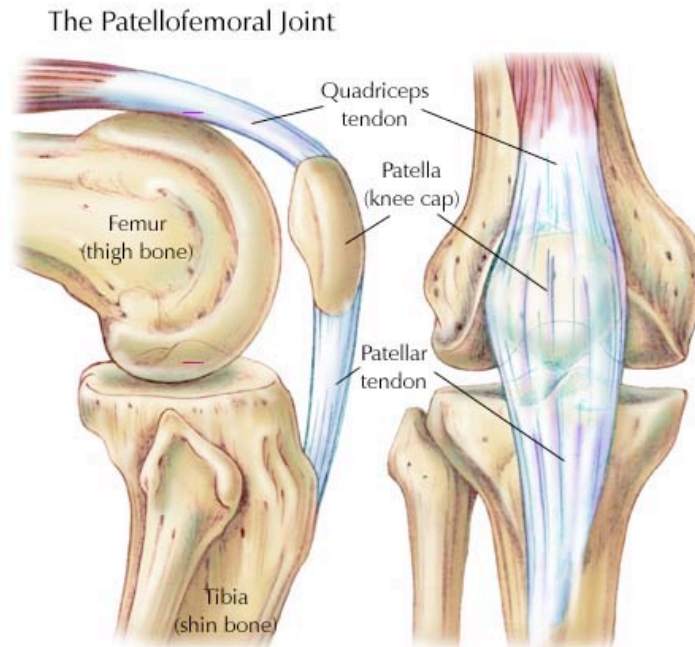


Patellofemoral Pain



What is the Patellofemoral joint?

The patellofemoral joint is made up of the patella (knee cap) as it sits in the femoral (thigh bone) groove. The patella moves up, down, lateral, medial and also tilts to either side.

What causes Patellofemoral pain?

Patellofemoral pain is often caused by maltracking of the patella, overuse or over training, pronation (flat feet) of the feet, genu valgus (knock knees), and tightness or weakness of quadriceps.

What are the symptoms?

Pain is typically described as pain behind or surrounding the patella or kneecap. Pain is often worse with prolonged sitting, squatting, kneeling, going down stairs and running.

Treatment

Treatment should first start by consulting your physician or an orthopedic. Treatment may consist of stopping all aggravating activities, ice and physical therapy. Stretching of tight muscles, strengthening weak muscles and decreasing pain and inflammation is the goal of physical therapy.

If you would like more information about this issue, or need a physician referral in your area, please call us at 310-860-9720.