



- Foot and Related Lower Limb Pain ●Sports Injuries ●Children's Foot and Walking Disorders ●Orthotic Therapy and Prescription Insoles
- Sports and Dress Shoe Advice ●General Podiatry and Foot Care

## Patello-Femoral Pain Syndrome

### What is Patello-Femoral Pain Syndrome?

Patello-femoral pain syndrome refers to the pain arising from the joint where the kneecap connects to the thigh bone.

### How does this happen?

Patello-femoral pain syndrome is an overuse injury of the knee. The patella slides up and down within a groove at the end of the thigh bone. With repeated bending and straightening of the knee, which occurs while running, the surface behind the knee cap can become irritated. The knee cap then starts to track to the outside of the knee joint and because of the misalignment it causes pain.

### What are the symptoms of Patello-femoral Syndrome?

The main symptom that is experienced is pain behind and around the knee cap. This pain is generally worsened with running, going downstairs and extending periods of time sitting with the knee bent. There may be a clicking sensation with repetitive bending and straightening of the knee and a sensation of weakness at the knee.

### What are the causes of Patello-Femoral Pain Syndrome

- Weakness in the inner quadricep muscle (VMO)
- Tightness through the outside thigh musculature (especially the ITB)
- Poor foot biomechanics

### Treatment

- Rest
- Ice
- Activity modification
- Soft tissue (Strengthening and Stretching)
- Taping and bracing of the knee (To stabilise the knee cap)
- Anti-inflammatory Medications
- Orthotic therapy to improve foot biomechanics

JINDALEE	Shop 28, Chrisites Home Maker Centre, Jindalee 4074 (Adjacent to Jindalee Hotel)	Ph: 3279 3752	Fax: 3376 9220	PO Box 225, Mt Ommaney 4074
RED HILL	Suite 11/152 Musgrave Rd, Red Hill 4059	Ph: 3217 5955	Fax: 3217 6950	PO Box 206, Red Hill 4059
INDOOROPILLY	152 Station Rd (cnr Moggill & Station Rds)Indooroopilly 4068	Ph: 3878 9011	Fax: 3878 9068	PO Box 1017, Indooroopilly 4068
TOOWONG	Level 1, 88 Jepherson St Toowong 4066	Ph: 3871 1799	Fax: 3871 2399	PO Box 2015, Toowong BC 4066
THE GAP	858 Waterworks Rd (Cnr Waterworks & Payne Rds) The Gap 4060	Ph: 3300 6011	Fax: 3300 6311	PO Box 781, Ashgrove 4060
FOREST LAKE	The Tower Medical Centre 241 Forest Lake Blvd Forest Lake 4078	Ph: 3278 8544	Fax: 3278 8599	PO Box 622, Mt Ommaney 4074