

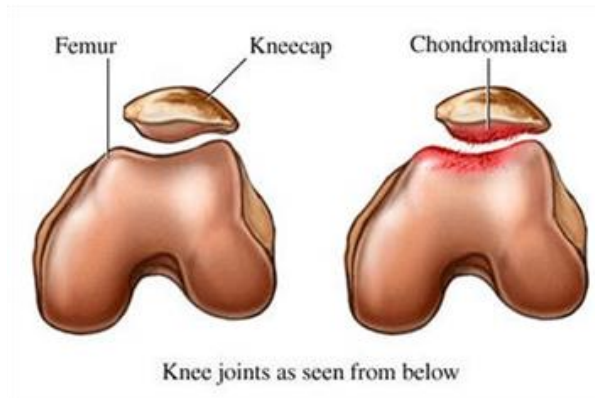


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## ***Chondromalacia Patella***

### **What is Chondromalacia Patella?**

Chondromalacia patella refers to the softening and breakdown of the *cartilage* on the *under surface of the knee cap (patella)*. The patella sits over the front of your knee joint and as you bend and straighten your knee, the underside of the patella glides within a groove on the femur. Chondromalacia patella can develop as a result of improper tracking of the patella within the groove which may cause wearing away of the protective cartilage behind your patella. Abnormal patellar tracking can be caused by abnormal position of the patella, tightness/weakness of the surrounding muscles and activities which place increased stress on the knee joint. There is some evidence that it might predispose to Patellofemoral Osteoarthritis.



### **What are signs and symptoms of Chondromalacia Patella?**

Patients often complain of dull, aching anterior knee pain behind the knee cap. They may experience symptoms such as grating or grinding with bending and straightening the knee. Symptoms may intensify with deep knee squats, going up & down stairs and running downhill.

### **Treatment options for Chondromalacia Patella?**

- Modified rest – limit running, jumping, squatting, lunges, hills
- Medicines – Tylenol, NSAIDs (ie: Ibuprofen, Aleve), Topical Diclofenac (Voltaren) gel
- Low impact exercises – elliptical, stationary bike, swimming, Aquafit, strength conditioning
- Physical Therapy – hip and core stability
- Yoga – improve strength & flexibility of hips and knees
- Brace/ tape to assist with patellar tracking
- Injections – Cortisone & Hyaluronic Acid (ie: Durolane, Monovisc, Synvisc)
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections (experimental)
- Surgery – rarely recommended