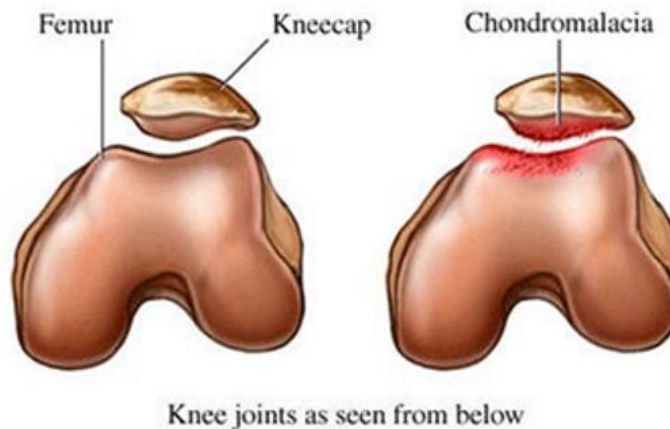




Patellofemoral Pain Syndrome

What is it?

Patellofemoral pain syndrome (**PFPS**) is also known as ***Runner's knee***. It is one of the most common causes of “*anterior knee pain*”, especially in teenagers. It is common in sports such as track and field, cycling, basketball, soccer, and other running sports. Women are often affected more than men.



What causes it?

The most common causes of PFPS are poor patella tracking, abnormal mechanics, muscle imbalance, and/or overuse or a sudden increase in exercise. Abnormal patellar tracking can be caused by abnormal position of the patella and tightness/ weakness of the surrounding muscles of the hips and pelvis.

Signs and symptoms of PFPS:

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

Treatment options:

- Modified rest – reduce running, jumping, squatting, lunges, hills – the most important step!
- Cross train w/ low impact exercises – elliptical, stationary bike, swimming, Aquafit, etc.
- Physical Therapy – improve biomechanics, strength of quads and hips, kinematic retraining
- Yoga – improve strength & flexibility of hips and knees
- Medicines – Tylenol, Anti-inflammatories, Topical Diclofenac (Voltaren) gel
- Brace/ tape to assist with patellar tracking
- Weight loss (if indicated)

Chronic Treatment options:

- Various Injections – Cortisone, Hyaluronic acid, Platelet Rich Plasma (PRP) are controversial
- Surgery – rarely recommended