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**Injury Prevention Tip for:
Patella Femoral Syndrome**

What is Patella Femoral Syndrome????

- Is a very complex condition of the knee.
- The way the patella tracks along the femur is important to this injury. If the patella is not tracking properly there are repetitive areas that are in contact. Thus causing friction and pain.

Symptoms:

- Pain located on both sides of the knee
- Discomfort under the knee
- Occasional grinding or popping feeling
- Swelling is often not present, however it can occur
- Running, Jumping, going up and down stairs, and squatting all increase pain.
- Rest usually makes pain go away but once you start activity again pain returns.

Cause:

- Structural misalignments
- Poor flexibility
 - If hamstrings are tight they place an increase amount of stress on the knee, hips, and lower back
 - Increase stress causes the quadriceps to work harder and can alter the way the patella moves in the groove.
 - If hip rotator muscles are tight they affect the way the femur moves, thus providing an unstable base for the patella to move on.
- Strength deficits at the quads, hips, and core
 - Weak muscles can change the pull on the patella, affecting the tracking
 - If you have a stable femur then you should not have issues with your patella tracking.
- Biomechanical issues at the ankle and foot.

Treatment/Prevention:

- Rest will treat the discomfort but not the underlying issue
- Stretching and strengthening the hip muscles, quads, hamstring, calves will help keep the tracking of the patella where it should be.
- Creating a good balance between flexibility and strength.
- If biomechanical issues are a problem then orthotics may be needed to help.
- Knee braces can help as well but will not correct mechanical issues.

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