



PODIATRY  
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## Patellofemoral Pain Syndrome

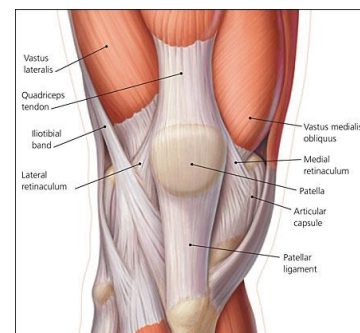
### What is it?

Patellofemoral Pain Syndrome (PFPS) or commonly known as 'runner's knee', is an umbrella term that is associated with anterior (front of) knee pain, in the absence of other pathologies. 'Patellofemoral' is in reference to the joint between the patella (kneecap) and the femur (thigh bone). As this joint is subject to high repetitive stresses during everyday activities, it is no surprise that PFPS accounts for approximately 1 in 4 knee injuries.

### Why did I get it?

Although PFPS can occur in any individual or age group, it is most seen in young, active women. Most patients who present with the condition generally have one or more of the following risk factors:

- Pronated foot type
- Flexible knees (too much movement)
- Poor hamstring & quad strength
- Knocked knees
- High levels of physical activity



### Symptoms:

- Knee pain especially while squatting, using the stairs, kneeling and when knees are bent
- Joint noises
- Giving away of the knee

### How is it diagnosed?

As mentioned above, the diagnosis of PFPS is secondary to the exclusion of other pathologies. A thorough clinical examination is generally sufficient however you may be referred for imaging of the knee to assist in the diagnosis.

### Possible treatments:

- Rest, Ice, Anti-inflammatories
- Taping
- Mobilization of the joint
- Strengthening program
- Custom Orthotics
- Footwear advice
- Patella Bracing
- Release of lateral muscles

### Prognosis:

Providing absolute compliance, most patients respond well to the conservative treatments listed above. Recent studies have shown that PFPS is associated with knee Osteoarthritis in later life, therefore immediate treatment is imperative. Once pain levels have improved, patients with the above risk factors must continue a preventative strengthening program to avoid a reoccurrence. Surgery is very rarely recommended.