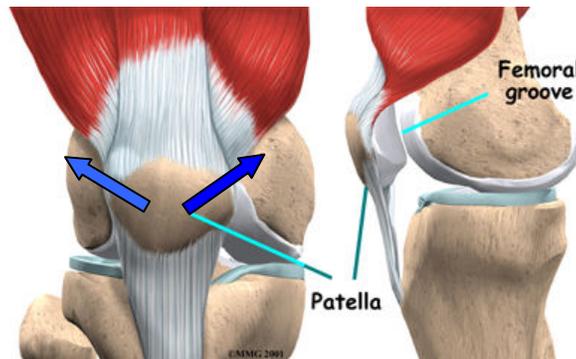


# Patellofemoral Syndrome

The patella is more commonly known as the kneecap. The patella has an important duty to link the quadriceps to the tibia. It is positioned in the patellar groove acting as a lever and therefore creating a mechanical advantage for the quadriceps muscle. Patellofemoral syndrome usually presents with sensations of the patella “slipping away” or feeling loose with movement of the knee. Individuals will typically describe anterior knee pain with motions. Almost one third of the injuries in sports medicine clinics are described as patellofemoral pain syndrome.

- Anatomy



- Mechanism of Injury

- Lax or over-flexible ligaments around the knee
- Traumatic injury or overuse may occur during athletic activities
- Abnormal patellar tracking may be congenital or a result of muscle imbalance or poor biomechanics.
- Misalignments may be caused by weakness or atrophy of the VMO, the inner quadricep muscle or tightness of the ITBand.
- The location of the patella being too high within the knee joint
- The tibial tuberosity may lie anatomically towards the outside surface of the tibia

- Treatment

- Manual Therapy to knee and the surrounding musculature
- Joint Mobilizations to the patella
- Body Mechanics including patellar tracking and quad control
- Therapeutic Exercise/Pilates used for lower extremity stretching and strengthening
- Ultrasound to pain sight
- Ice and Electric Muscle Stimulation to the knee
- Home Exercise Program