Patellofemoral pain

Patellofemoral pain syndrome (PFPS) is one of the most common musculoskeletal injuries suffered in the adult population. While the severity varies considerably, it often results in significant pain and reduction of function.



What Is It?

Typical complaints include pain in the front of the knee with running and walking, going downstairs, deep squatting and after periods of prolonged knee flexion such as sitting. The condition develops due to the inadequate support from the muscles that control the hip and knee. Often this occurs with a sudden increase in training loads but may also develop with progressive weakening of these stabilising muscles. Poor footwear choices may also contribute to onset of the condition.

Importantly, the longer the knee is sore, the more likely there will be further inhibition of the muscles around the patella, resulting in further pain and dysfunction, making your rehab and return to sport and activity a much longer journey.

Management

Initial management focuses on decreasing pain through reduction or avoidance of activities which aggravate the knee. Ultimately, correcting the condition requires identification of weaknesses and poor movement patterns which have caused the injury, and following a rehab plan which aims to address these factors. This is often combined with soft tissue release and stretching to improve tracking and mechanics of the joint.

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia



Your physio will conduct a thorough biomechanical screening to identify problem areas and provide you with a graded rehab plan to strengthen the knee, improve your biomechanics and increase your load and exercise tolerance.

If you have been putting up with knee pain and reduced function, book an appointment today with one of our expert physios to get a plan to decrease your pain and get you back doing all the things you love!

Article by Jim Burke

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia