



PATELLOFEMORAL ADVICE SHEET



WHAT IS PATELLOFEMORAL PAIN?

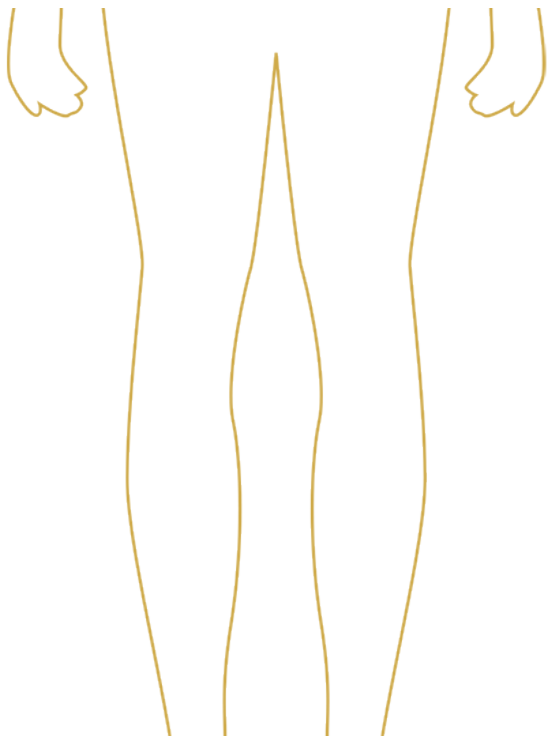
The patellofemoral joint is situated underneath the kneecap. This is a very common area of pain in the lower body. Pain is usually felt from activities such as stairs, squats or lunges. Pain usually arises due to underactive muscles on the inside of the knee and overactive muscles on the outside of the knee and hip, leading to an imbalance causing friction and pain in the patellofemoral joint.

SIGNS AND SYMPTOMS

- Tenderness and pain over the kneecap region.
- Pain with stairs, walking running and squatting.
- Swelling above or below the kneecap.

HOW PHYSIO CAN HELP YOU?

There are multiple factors which cause overloading of the patellofemoral joint. Your physio can help by determining the underlying cause of your pain and develop a treatment plan to strengthen the weak muscles and release the tight muscles to restore balance in the joint and eliminate your pain. Your physio can also tape your knee to provide great short-term relief.



- ✓ Voltaren/ deep heat gel rub
- ✓ Minimise excessive walking & stairs.
- ✓ Foam rolling on outer thigh/hip.

- ✗ Sit with knee bent past 90°.
- ✗ Aggravating activities such as squats, lunges, running or jumping.

Do's

Don'ts

Consult your physio for a personalised program to fit you

