

PATELLOFEMORAL PAIN SYNDROME

WHAT IS IT?

Patellofemoral pain syndrome (PFPS) is a broad term used to describe pain in the front of the knee and around the patella, or kneecap. It is sometimes called "runner's knee" or "jumper's knee".

CHONDROMALACIA PATELLA

Softening and breakdown of the articular cartilage on the undersurface of the knee cap.

WHO GETS IT?

PFPS is commonly an overuse injury in people who participate in vigorous activity or training. Other risk factors include female sex, kneecap malignment, young adults, runners, high level athletes, jumpers.

COMMON SYMPTOMS

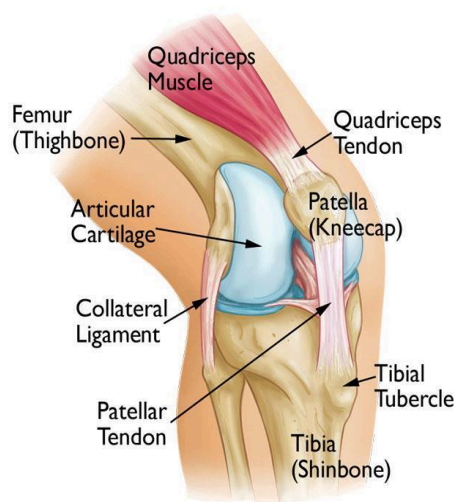
Pain with bending knee ie. Stairs, running, squatting. Pain in front of knee with sitting. Pain with change in activity level. Popping or cracking sounds in knee

DO YOU NEED IMAGING?

Typically, this is diagnosed with a physical exam. X-rays can be ordered to rule out additional damage to the bone.

SURGICAL TREATMENT

Surgical treatment is very rare and only done for severe cases that do not respond to conservative management



The patella (knee cap) normally rests in a small groove at the end of the femur (thigh bone) called the trochlear groove. As you bend and straighten your knee, the patella slides up and down within the groove.

PREVENTION

Wearing appropriate shoes for activities. Proper warm up before activity. Increasing training gradually. Incorporating stretching, strengthening, and flexibility exercises for quads and hamstrings into training routine. Maintain a healthy body weight to avoid oversteering knees

PLEASE VISIT
ORTHOINFO.AAOS.ORG TO
FIND A “KNEE
CONDITIONING PROGRAM”
FOR YOU

NON-SURGICAL MANAGEMENT

RICE

- Rest
- Ice vs heat application
- Compression sleeve
- Elevation

ACTIVITY MODIFICATION

- Modify activities as needed
- Incorporate low impact activity such as biking, swimming, elliptical

OVER THE COUNTER MEDICATIONS

- Tylenol 1000mg three times daily
- Advil 600mg three times daily* OR
- Aleve 440mg twice daily *

PRESCRIPTION MEDICATIONS

- Meloxicam 15mg once daily*
- Diclofenac Sodium 75mg twice daily*
- Medrol Dose Pak taken as directed

*NSAIDS should be for 10-14 days with food. May cause gastric upset and cannot be taken with blood thinner medications

HOME EXERCISE PROGRAM VS. PHYSICAL THERAPY

PFPS is usually relieved with simple measures such as time and/or an exercise program.

Specific exercises will help improve range of motion, strength, and endurance. Focus on strengthening and stretching your quadriceps, hamstrings, glutes, and core. Working with a licensed professional can improve strength and flexibility under direct supervision.

A strength and conditioning program should be continued 2-3x a week for 4-6 weeks unless otherwise specified.

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