

Patellofemoral Pain Syndrome (PFPS)

Symptoms and Treatment

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What is PFPS?

Knee pain under or around your kneecap. PFPS may have a number of causes, both structural and functional. PFPS is the most common cause of anterior knee pain.

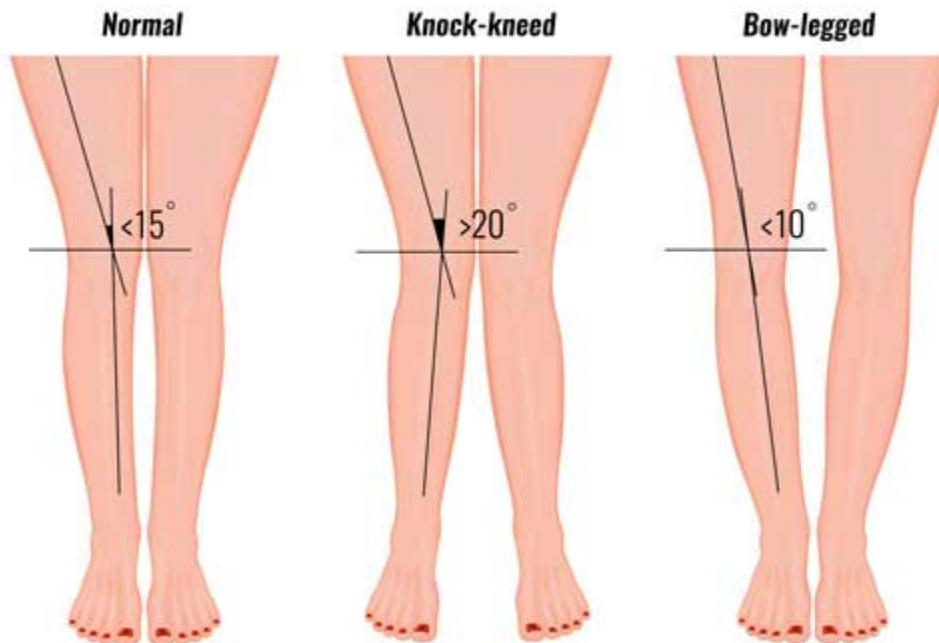
Who is more prone to PFPS?

Anyone can develop PFPS, however there are some demographic groups who are at greater risk, including young female athletes, especially those with a larger *Q angle*. PFPS is very common in runners.

What is a Q angle?

This is the angle formed by drawing a line from the prominent bone on the front of your hip/pelvic bone to your kneecap (*ASIS*), and another line between your kneecap and the bump on the top of your shin, right below your kneecap (*tibial tubercle*). You may have a larger Q angle if you have a wider pelvis, or if your knees rotate inward.

Q Angle of the Knee



Symptoms of PFPS:

- Pain is located under or around the kneecap
- Dull achy pain at rest
- Sharper pain with running, jumping, going down stairs, and squatting
- You may have clicking, grinding, or rubbing of the kneecap during activity

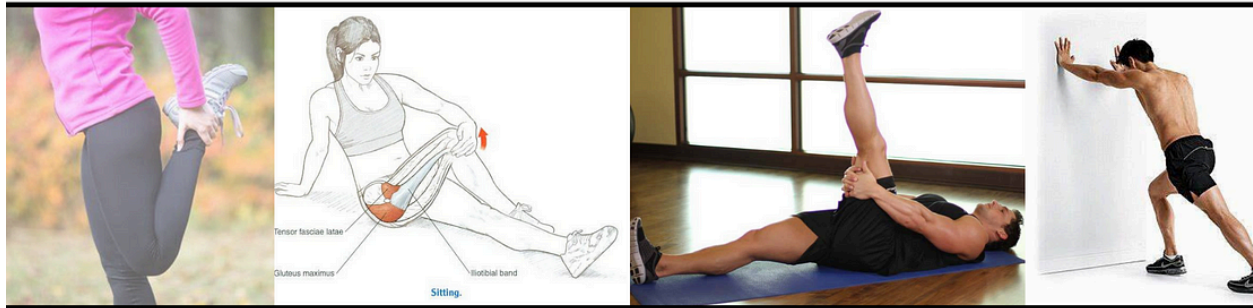
Treatment:

Most importantly, you should be evaluated by a Physical Therapist. PFPS is a symptom of a greater problem of malalignment or faulty biomechanics, and the underlying cause must be corrected in order to prevent the problem from returning.

Each individual may have different areas of tightness and weakness, but the following exercises address some of the most common impairments seen in PT. Please remember your case may be different when trying these exercises.

Mobility Exercises

Stretching Exercises for Patellofemoral Pain Syndrome



Quad
Exercise

Iliotibial Band
and
Buttock Stretch

Hamstring
Stretch

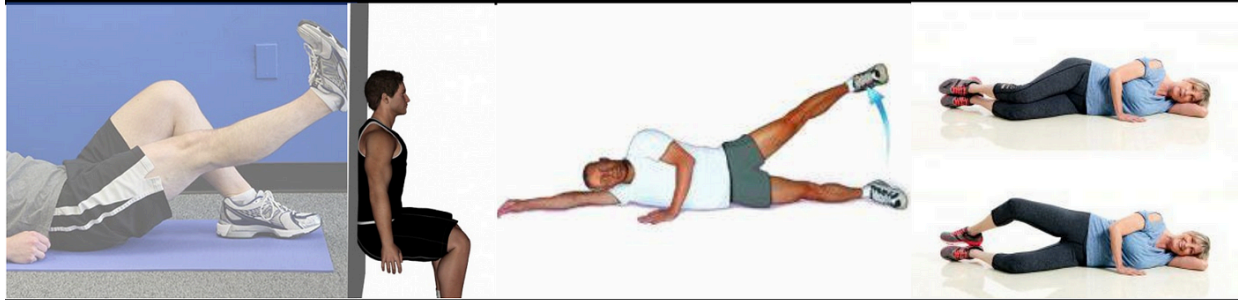
Calf
Stretch



*When foam rolling the ITB, start at the top of the hip, and be sure to roll the entire length of the tissue down the side of your leg all the way to the knee

Stabilization Exercises

Strengthening Exercises for Patellofemoral Pain Syndrome



Straight Leg Raise

Wall Slide

Hip Abduction and Hip Adduction

External Hip Rotation

Watch your alignment

When exercising, doing stairs, squatting/bending or running, pay attention to alignment of your leg. Your hip, knee, and ankle should be stacked in a straight line.



If any of these symptoms feel familiar to you, it's possible you may have PFPS. Use the suggested exercises above, however a well rounded exercise regimen that is based on your specific muscle imbalances and alignment issues is key. The exercise program would need to be progressed to include functional activities and return to sport/recreation, etc under the guidance and supervision of a PT for maximum effectiveness. *Schedule a free consultation today!*