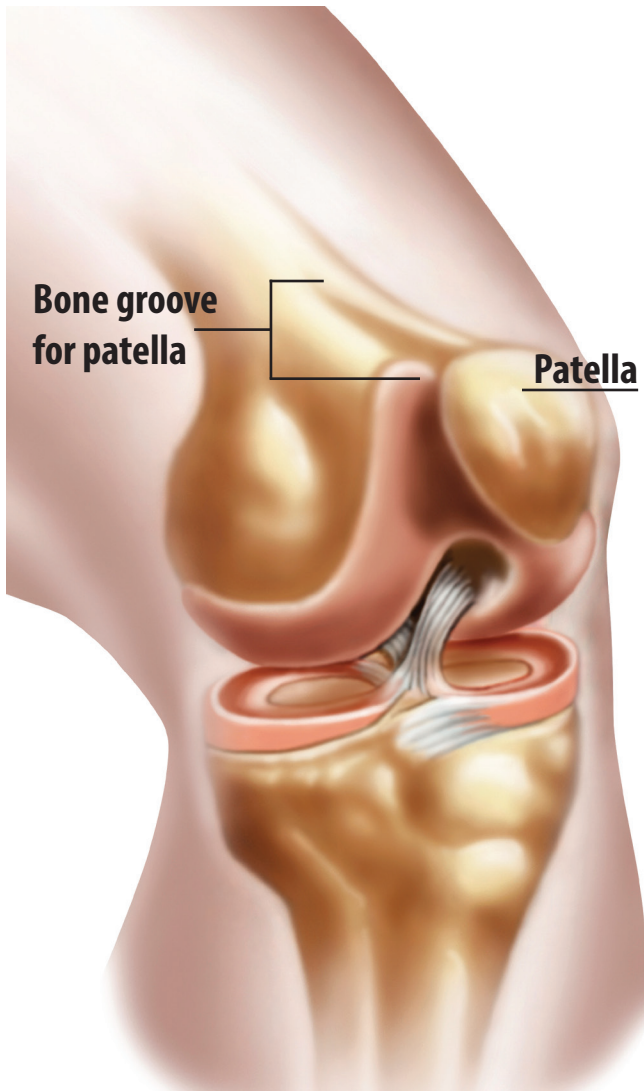


PATELLOFEMORAL SYNDROME

WHEN YOUR KNEES DON'T FEEL LIKE THEY USED TO



PATELLOFEMORAL SYNDROME ALSO KNOWN AS CHONDROMALACIA PATELLA

This condition is in the knee where the cartilage on the backside of the knee becomes worn down causing pain around the border of the kneecap or behind the kneecap. Typically these systems present when people are sitting for a prolonged period of time, with stairs, uphill walking or downhill walking, and with squatting and especially with kneeling.

KNEE MECHANICS

If a person has normal knee mechanics, when the knee is straight and the quadriceps is relaxed, the kneecap or patella, is floating and easily movable. As we start to bend the knee, the knee cap then starts to get in contact with the bone behind it so now it's rigid and no longer movable. As the knee bends further, the contact increases.

This is important to someone with patellofemoral syndrome because they start to get too much contact too soon. Their kneecap is typically tracking to the outer aspect so then the backside of the kneecap is grinding along there. In a normal knee that kneecap tracks nicely in the groove and there is no extra contact is caused.



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