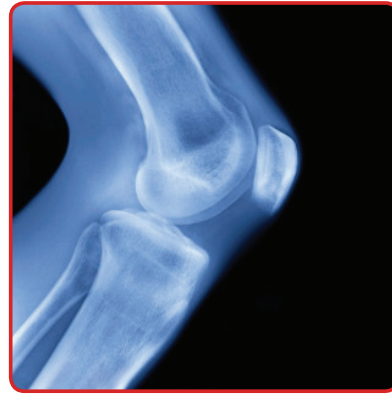


WHAT IS PATELLOFEMORAL PAIN?

Patellofemoral pain is a term used to encompass pain in and around the knee cap. If the muscular structures around the knee and hip are not balanced, then the knee cap will pull to one side and thus not move smoothly in the groove in the thigh bone when you move and subsequently cause you pain, as it grates against the sides.

WHAT SYMPTOMS MAY I EXPERIENCE?

- Pain and aching around and under the knee cap
- Worsening pain with running downhill and ascending/descending stairs
- Pain/stiffness after prolonged sitting



HOW CAN PHYSIOONE ASSIST?

- Soft tissue massage to loosen the tight structures around the knee and hip
- Stretches to increase and maintain muscle length
- Exercises to target specific muscles which may be weak
- Mobilisation of the patellofemoral joint
- Taping of the knee cap to help guide and hold it in a correct position
- Biomechanical correction of gait
- Biofeedback to the muscles to assist in reactivation