



Patellofemoral Pain Syndrome (Runner's Knee)

What is patellofemoral pain syndrome?

Patellofemoral pain syndrome is pain behind the kneecap. It has been given many names, including patellofemoral disorder, patellar malalignment, runner's knee, and chondromalacia.

How does it occur?

Patellofemoral pain syndrome can occur from overuse of the knee in sports and activities such as running, walking, jumping; or bicycling. The kneecap (patella) is attached to the large group of muscles in the front of the thigh called the quadriceps. It is also attached to the shin bone by the patellar tendon. The kneecap fits into grooves in the end of the thigh bone (femur) called the femoral condyle. With repeated bending and straightening of the knee, you can irritate the inside surface of the kneecap and cause pain.

Patellofemoral pain syndrome also may result from the way your hips, legs, knees, or feet are aligned. This alignment problem can be caused by your having wide hips or underdeveloped thigh muscles, being knock-kneed, or having feet with arches that collapse when walking or running (a condition called over-pronation).

What are the symptoms?

The main symptom is pain behind the kneecap. You may have pain when you walk, run, or sit for a long time. The pain is generally worse when walking downhill or down stairs. Your knee may swell at times. You may feel or hear snapping, popping, or grinding in the knee.

How is it diagnosed?

Your health care provider will review your symptoms, examine your knee, and may order knee x-rays.

How is it treated?

Treatment includes the following:

- Place an ice pack on your knee for 15 minutes every 3 to 4 hours for the first 3 to 4 days or until the pain goes away.
- Take anti-inflammatory pain medication, such as ibuprofen, as prescribed by your health care provider.

- Do the exercises recommended by your health care provider or physical therapist, specifically strengthening your medial quadriceps (bike riding is best 10 minutes at medium resistance).
- Stretch your tight muscles, especially the iliotibial band and quadriceps muscles for 20 seconds, 3 times.

Your health care provider may recommend that you:

- Have *The Running Store* perform a gait analysis to ensure your shoes are not aggravating your condition.
- Wear arch supports (orthotics) for over-pronation.
- Use an infrapatellar strap, a strap placed beneath the kneecap over the patellar tendon or use Kinesio tape to stabilize the patella.
- Wear a neoprene knee sleeve, which will give support to your knee and patella.
- Physical Therapy / Sports Chiropractic will focus on stretching the tissues of your leg and strengthen the weak muscles that are contributing to the problem.

While you are recovering from your injury, you may need to change your sport or activity to one that does not make your condition worse. For example, you may need to bicycle or swim instead of run. Your health care provider will show you exercises to help decrease the pain behind your kneecap.

When can I return to my sport or activity?

The goal of rehabilitation is to return you to your sport or activity as soon as is safely possible. If you return too soon you may worsen your injury, which could lead to permanent damage. Everyone recovers from injury at a different rate. Return to your sport or activity will be determined by how soon your knee recovers, not by how many days or weeks it has been since you were injured. In general, the longer you have symptoms before you start treatment, the longer it will take to get better. You may safely return to your sport or activity when, starting from the top of the list and progressing to the end, each of the following is true:

- ▶ Your injured knee can be fully straightened and bent without pain.

- ▶ Your knee and leg have regained normal strength.
- ▶ You are able to jog straight ahead, then sprint without limping.
- ▶ You are able to do 45-degree, then 90-degree cuts
- ▶ You are able to jump on both legs, then on the injured leg without pain.

How can I prevent patellofemoral pain?

Patellofemoral pain syndrome can best be prevented by strengthening your thigh muscles, particularly the inside part of this muscle group. It is also important to wear shoes that fit well and that have good arch supports.

Rehabilitation Exercises

You can do the hamstring stretch right away. You can start doing the patellar mobility exercise as soon as it is not too painful to move your kneecap. When the pain in your knee has decreased, you can do the quadriceps stretch and start strengthening the thigh muscles using the rest of the exercises.

1. PATELLAR MOBILITY: Sit with your injured leg outstretched in front of you and the muscles on the top of your thigh relaxed. Take your index finger and thumb and gently press your kneecap down toward your foot. Hold this position for 10 seconds. Return to the starting position. Next, pull your kneecap up toward your waist and hold it for 10 seconds. Return to the starting position. Then, try to gently push your kneecap inward toward your other leg and hold for 10 seconds. Repeat these for approximately 5 minutes.

2. QUADRICEPS STRETCH: Stand an arm's length away from the wall, facing straight ahead. Brace yourself by keeping the hand on the uninjured side against the wall. With your other hand, grasp the ankle of the injured leg and pull your heel toward your buttocks. Don't arch or twist your back and keep your knees together. Hold this stretch for 20 seconds. Repeat 3 times.

3. QUADRICEPS ISOMETRICS: Sitting on the floor with your injured leg straight and your other leg bent, press the back of your knee into the floor by tightening the muscles on the top of your thigh. Hold this position 10 seconds. Relax. Do 3 sets of 10.

4. STRAIGHT LEG RAISE: Lie on your back with your legs straight out in front of you. Tighten up the top of your thigh muscle on the injured leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do 3 sets of 10.

5. STEP-UP: Stand with the foot of your injured leg on a support (like a block of wood) 3 to 5 inches high. Keep your other foot flat on the floor. Shift your weight onto the injured leg and straighten the knee as the uninjured leg

comes off the floor. Lower your uninjured leg to the floor slowly. Do 3 sets of 10.

6. WALL SQUAT WITH A BALL: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Place a rolled up pillow or a soccer-sized ball between your thighs. Keeping your head against the wall, slowly squat while squeezing the pillow or ball at the same time. Squat down until you are almost in a sitting position. Your thighs will not yet be parallel to the floor. Hold this position for 10 seconds and then slowly slide back up the wall. Make sure you keep squeezing the pillow or ball through-out this exercise. Repeat 10 times. Build up to 3 sets of 10.

7. KNEE STABILIZATION: Wrap a piece of elastic tubing around the ankle of your uninjured leg. Tie the tubing to a table or other fixed object.

- A. Stand on your injured leg facing the table and bend your knee slightly, keeping your thigh muscles tight. While maintaining this position, move your uninjured leg straight back behind you. Do 3 sets of 10.
- B. Turn 90° so your injured leg is closest to the table. Move your uninjured leg away from your body. Do 3 sets of 10.
- C. Turn 90° again so your back is to the table. Move your uninjured leg straight out in front of you. Do 3 sets of 10.
- D. Turn your body 90° again so your uninjured leg is closest to the table. Move your uninjured leg across your body. Do 3 sets of 10.

Hold onto a chair if you need help balancing. This exercise can be made even more challenging by standing on a pillow while you move your un-injured leg

8. RESISTED KNEE EXTENSION: Make a loop from a piece of elastic tubing by typing it around the leg of a table or other fixed object. Step into the loop so the tubing is around the back of your injured leg. Lift your uninjured foot off the ground. Hold onto a chair for balance, if needed.

- A. Bend your knee about 45 degrees.
- B. Slowly straighten your leg, keeping your thigh muscle tight as you do this. Do this 10 times. Do 3 sets. An easier way to do this is to perform this exercise