

Patella Femoral Syndrome

Runner's Knee

Signs and Symptoms

- + Pain along the front of the knee
- + Pain with activity, stair climbing (especially going down stairs), sitting for long periods, kneeling, or squatting
- + Pain in one or both knees
- + Pain that begins after starting a new activity or increasing intensity of an activity

Potential Causes

- + Tightness of the quadriceps, hamstrings, and/or IT band
- + Weakness of the quadriceps muscle
- + Genu valgum (knock knees), genu recurvatum (hyperextended knee) and excessive pronation (flat feet)

Treatment

- + Strengthening and stretching exercises for the hip and thigh
 - o Visit www.ohiohealth.com/sportsmed-runnerstretches/ for a complete list of exercises
- + Foam rolling
- + Ice after activity

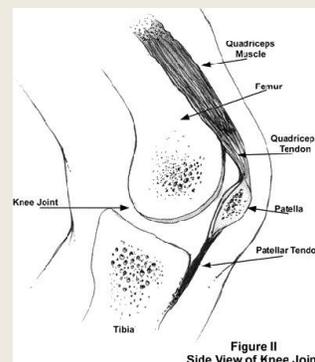
Prevention

- + Maintain healthy body weight
- + Gradual increases in training (*no more than 10% per week*)
- + Proper shoe fit/Orthotics



What is Patella Femoral Syndrome?

Patellofemoral syndrome, commonly referred to as Runner's Knee, is a very common injury among athletes. Patellofemoral syndrome is related to an imbalance in the hip and quadriceps musculature. This imbalance leads to improper tracking of the patella (knee cap) through the groove at the end of the femur (thigh bone) with resulting pain and inflammation along the front of the knee.



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INFO?

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