

PATELLOFEMORAL PAIN SYNDROME

Patellofemoral pain (PFP) is a condition that causes pain behind and around the knee cap.

It is the most common injury among runners, and is hence also known as "Runner's Knee".

SYMPTOMS OF PFP

PFP typically presents as:

- **Gradual onset of vague pain at the front of the knee**, with or without a history of trauma.
- **Pain with weight bearing activities that require bending of the knee** i.e., running, climbing up and down stairs, cycling.
- **Pain that gradually worsens during a run.**

WHO IS AT RISK OF PFP?

Intrinsic risk factors:

1. Females
2. Decreased lower limb muscle strength

Extrinsic risk factors:

1. High BMI
2. Footwear or walking pattern that increases ground reaction forces
3. Poor hip, knee and foot control
4. Sudden increase in physical activity

WHAT EXERCISES CAN I DO?

Exercises to help improve the strength and control of your hip and knee muscles.

These muscles are required for functional movements i.e., coming down the stairs or running.



HOW CAN PHYSIOTHERAPY HELP?

Your Physiotherapist will perform a battery of tests to help inform you about the factors contributing to your PFP.

- Physical activity & load management
- Pain management
- Therapeutic exercise
- Manual therapy
- Taping



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