



Patellofemoral



This refers to pain arising from under and around the kneecap. The knee cap is designed to move up and down within a special groove at the end of the thigh bone. If the knee cap starts to track to the side (misaligned), pain develops. With this repeated movement the cartilage behind the knee cap can also become irritated. The most common symptom experienced is pain worsening with running and also going up and down stairs.

Common causes can be poor foot mechanics, improper footwear and weakness or an imbalance of the quadriceps muscles.

Treatment will include an adequate gait assessment and review of shoes. Together with strengthening of the affected musculatures, and orthotic therapy is often needed to improve foot biomechanics.

Call 9388 9999