



AVNEW HEALTH

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PATELLOFEMORAL PAIN SYNDROME

Patellofemoral pain syndrome is a term used to describe pain in the front of the knee around the kneecap. This condition is often associated with an athletic/active population; however, it can occur in non-active individuals as well. This condition can cause pain and stiffness that hinders the ability to perform everyday activities such as climbing stairs and kneeling.

Patellofemoral pain syndrome typically has a gradual onset that can occur due to many reasons that accumulate over time. The most common reasons include patella tracking inefficiencies and overuse.

SIGNS & SYMPTOMS

- Increased pain with activities such as climbing stairs, running, or squatting
- Pain in the front of the knee after extended periods of sitting with the knee bent
- Audible clicking or popping sounds during activity
- Symptoms worsen with activity



TREATMENT

Due to the chronic nature of patellofemoral pain syndrome, multiple interventions are used to improve symptoms:

- Rest, ice and anti-inflammatories
- Use of orthotics or knee brace to improve knee tracking
- Physical therapy
- Activity adjustments



Knee brace for patellofemoral pain



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Below are some stretches to try if you think you might be experiencing patellofemoral pain syndrome. Try each stretch 1-2 times a day for 10 repetitions each with a hold of approximately 15 seconds.

STANDING QUAD STRETCH

- Begin in a standing position with a chair or table in front of you for support
- Bend one knee upward and grab your foot, gently pulling it toward your body and pushing your hips forward until you feel a stretch
- Use the stable surface in front of you to keep your balance
- Make sure to maintain good posture and a neutral spine
- Hold this stretch for 30 seconds and relax
- Return to starting position and repeat



WALL SQUAT WITH BALL

- Begin in a standing position with your back facing the wall and your feet shoulder width apart
- Lean back against the wall and place the ball between your knees
- Squat down to a comfortable depth and hold the position
- Hold the squat for about 5 seconds and return to the first position. Make sure the knees do not travel over the toes



If you are experiencing knee pain or problems, please call our joint and muscle advisory team at 1-877-636-1436. Our team is ready to hear from you.