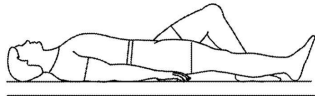
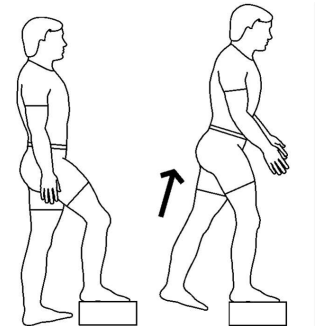
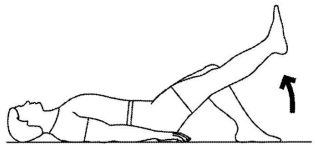


Sit with leg extended.  
Tighten quad muscles on front of leg, trying to push back of knee downward. Hold 10 seconds and repeat 10 times

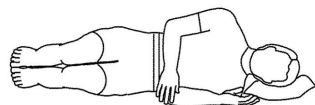


Lie on back with your unaffected knee bent as shown.

Raise straight leg to 30 cm off floor, hold 10 seconds Return to starting position. Repeat 10 times

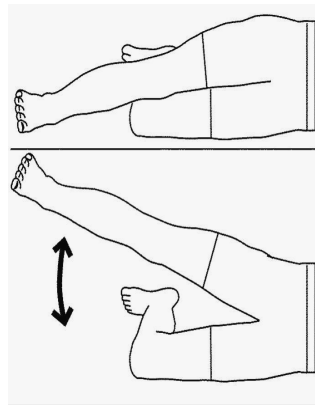
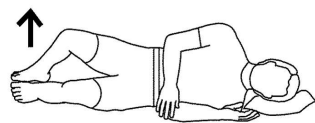


Stand with your sore leg up on step. Shift weight over knee. Step up slowly. Step back down leading with sore leg Repeat 10 times



Lie on your unaffected side with knees bent, feet together.

Lift your top knee upward. Lower and repeat. Repeat 10 times Do not roll trunk forward or backward.



Lie on your unaffected side, with lower knee bent for stability. Keep knee straight on involved leg, lift leg upward. Return to start position and repeat 10 times. Do not roll trunk forward or backward.

#### Other Tips

- Choose sensible supportive footwear choices.
- If breaststroke swimming aggravates your symptoms try a different technique e.g. front crawl.
- If the knee swells – rest and use ice with a damp towel to ease for 10-15 minutes a few times a day.
- Restart your exercises and gradually increase as tolerated.
- If you are concerned about your knee or feel you are not making progress please contact your Physiotherapist or GP.

#### If you have any queries please contact the Physiotherapy Departments at:

Daisy Hill Hospital	Tel: 028 37562935
Craigavon Area Hospital	Tel: 028 37563025
Armagh Community Hospital	Tel: 028 37414524
South Tyrone Hospital	Tel: 028 37565545

Physiotherapy Musculoskeletal Services July 2018 DMcM

# Anterior knee pain (patellofemoral pain)



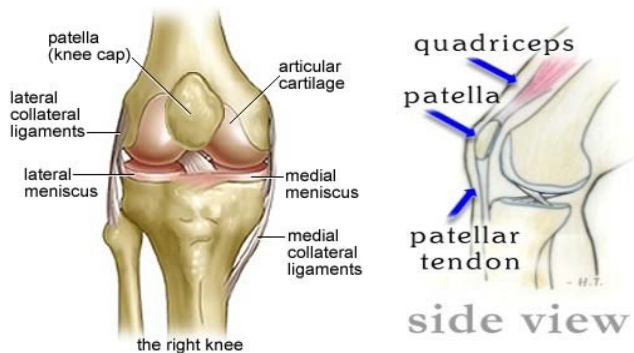
**HSC** Southern Health  
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## Patellofemoral pain

### What is it?

Patellofemoral pain usually presents around the front of the knee, over and around the area of the kneecap. It is a common problem and accounts for 11-17% of all knee complaints which present to the GP.



### Why does this type of knee pain happen?

The kneecap and thigh bone work closely together when the knee is bent and straightened. During this movement the kneecap follows a natural path gliding back and forward within a groove in the thigh bone.

There are a number of factors that work together to maintain this relationship, including strong muscles, our biomechanics and the pattern in which we walk.

Any factors that influence this movement of the kneecap may lead to an change in how the joint functions. This change, over time, and with activity may lead to irritation in this area which can result in pain.

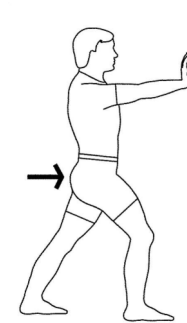
### Common symptoms

- Pain beneath and/or around the kneecap especially on climbing up and down stairs, kneeling and squatting.
- Clicking and grating in the knee when bending.
- Tenderness around the area.
- 'Cinema goers' knee (pain after maintaining a sitting position for a period of time).
- Swelling .

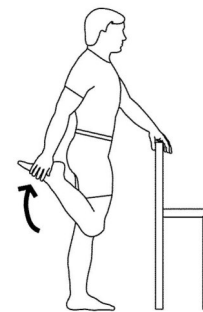
### What can I do to help?

- Exercise is recommended to reduce pain. A combination of the hip and knee exercises demonstrated within this leaflet can be helpful in maintaining your range of movement and increasing your strength and endurance for activity.
- Find an activity you enjoy and can complete which does not aggravate your symptoms, start slowly and gradually build up.
- Remember pain is not an indicator of harm, you may have to tolerate some discomfort while you encourage knee structures to improve.
- Do not unnecessarily aggravate your symptoms through repetitive activities if you can find an alternative way around it while symptoms settle.
- Maintain your technique for kneeling and squatting but pace this activity with your tolerance and build your endurance to this over time.

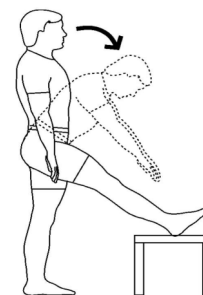
### Exercises



Stand facing wall, hands on wall. Step forward with foot of uninvolved leg, leaning hips towards the wall. Keep rear leg straight with heel on floor. Hold exercise for 30 Seconds Repeat 4 times.



Stand on unaffected leg, using table or chair for balance. Bend knee of involved leg. Grasp your heel with your hand and gently pull up toward buttocks. Hold 30 seconds and repeat 4 times.



Stand with heel propped on low table, knee straight, as shown. Gently and slowly lean forward at waist. Hold 30 seconds and repeat 4 times.