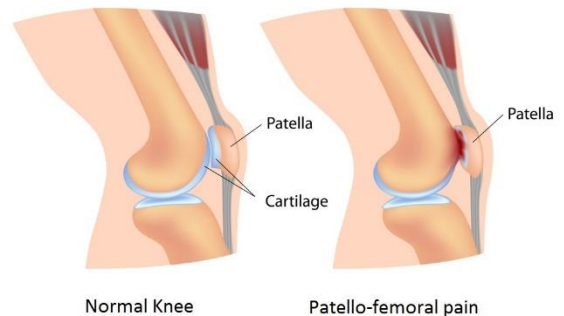


PATELLOFEMORAL SYNDROME

Patellofemoral joint syndrome is the result of inability of the kneecap (patella) to track properly on the end of the thigh bone (femur). Normally, as the knee bends and straightens, it moves up and down in a straight line within a groove at the end of the femur. It is when the patella deviates from this course and begins to track further to the outside of the femur that pain will result.



Symptoms

- Pain behind the kneecap and at the front of the knee.
- Pain that increases when going up or down stairs.
- Difficulty squatting down and rising from this position.
- Popping or grinding sensations when bending the knee.
- Pain after sitting for a long time.

At the first sign of symptoms, it is important to **temporarily** stop any activities or movements that increase the pain. It is important to keep moving your leg within the pain free movements.

Ice

You can apply ice (a bag of frozen vegetables, a gel ice pack, crushed ice) to the knee for 10-15 minutes every 2-3 hours. Always apply a wet towel between the ice and your skin. Ice can help you to reduce the pain.

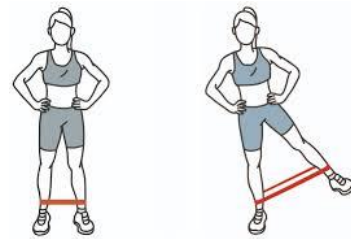
Exercises:

It is normal to feel discomfort and pain after the exercises. The pain should not persist later than 20 minutes after the exercises.

If an exercise increases the pain, reduce the intensity or the number of repetitions. The important thing is to go gradually.

Standing with your back against the wall and an elastic band around your ankles. Move your leg sideways by sliding your heel against the wall. Hold the position 5 seconds. Then, bring your foot back on the floor.

Do 10 to 20 repetitions, once a day.



SQUAT

Standing up, your feet open apart and your weight in your heels. Bend your hip and your knee to come in a « squat » position, as if you go to sit down. Hold the position 5 seconds then come back standing up.

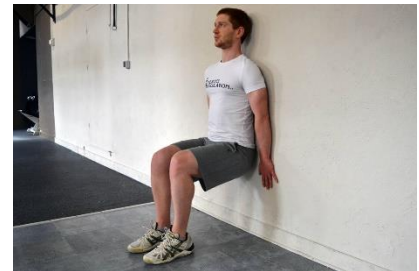
Do 10 to 20 repetitions, once a day.



WALL CHAIR

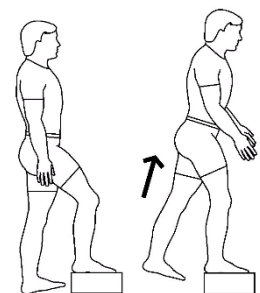
Standing with your back against the wall, feet slightly open. Bend your knees to do the « wall chair ». Make sure that your back is flat on the wall and your feet open apart.

Keep the position 30 seconds to 1 minute or more, depending of your pain. Do it twice a day.



Stand with your foot on a small bench or step. Step up slowly while keeping your kneecap aligned over your second toe. If needed, you may hold onto a railing.

Do 10 repetitions, twice a day.



Stand on a bench or a step. Step down slowly. Control the movement. Keep your kneecap aligned over your second toe. Hold on if needed.

Do 10 repetitions, twice a day.

