



# Sievers Sports Medicine

## Patient Information Sheet

**Condition:** Patellofemoral Pain Syndrome

**Definition:** An overuse syndrome related to excessive stress and usually minor alignment abnormalities that causes pain in the portion of the knee joint behind and around the kneecap.

**Treatments:**

- I. Relative rest: Rest enough for pain to progressively decrease. Avoid high impact activities such as, running, jumping, squatting and stairs.
- II. Anti-inflammatories: Over-the-counter medicines, prescription medications and/or regular ice application to affected area can all reduce inflammation.
- III. Strengthening: Strengthening the VMO (vastus medialis obliques) and outer hip muscles may improve patellar alignment and muscular balance.
- IV. Stretching: Stretching the hamstring and IT band may prove most useful in relieving pressure in the knee.
- V. Mechanical bracing: Patellar support brace with lateral buttress or McConnell taping of the knee may improve knee alignment. Arch supports or custom orthotics may help some people with malalignment of the foot that may contribute to Patellofemoral syndrome.
- VI. Cross training: Low impact activities such as bike, elliptical and swimming can help you maintain muscle tone and cardiovascular health with minimal stress put on the joint. Gradually advance sport specific activities as pain subsides. Continuing this treatment process long term may be necessary for some patients to prevent recurrence.