

Patello femoral joint syndrome (PFPS)

Also known as Runner's Knee, PFPS is when the cartilage between the kneecap and the knee becomes irritated and inflamed, resulting in pain at the front of the knee while running.

It is a very common injury. It can end up creating knock on effects to other joints if left. It can even lead to Chondromalacia Patella, a condition where the cartilage behind the kneecap becomes frayed and damaged.

You should suspect that you may have PFPS if you feel the following..... :

- 1) A dull and aching pain around the area of the kneecap.
- 2) Pain that worsens when walking up or down stairs, kneeling, or squatting.
- 3) The pain can come on from sitting with your knee bent for a long time.
- 5) You may be able to see some swelling around the sides of your kneecap.

PFPS is an overuse problem, which occurs for two main reasons:

- 1) The kneecap is being forced against the knee with unreasonable pressure.
- 2) The kneecap is not 'tracking' properly. If there is an imbalance in the strength or flexibility of your quadriceps muscles, it will cause the kneecap to move to the left or the right, and the friction that is produced from this movement irritates the cartilage behind the kneecap.

Treatment involves stretching, soft tissue massage, mobilisation, ultrasound and assessing running shoes, mechanics of feet and training programme. If you need any help or advice with this condition please call [REDACTED] info [REDACTED]