

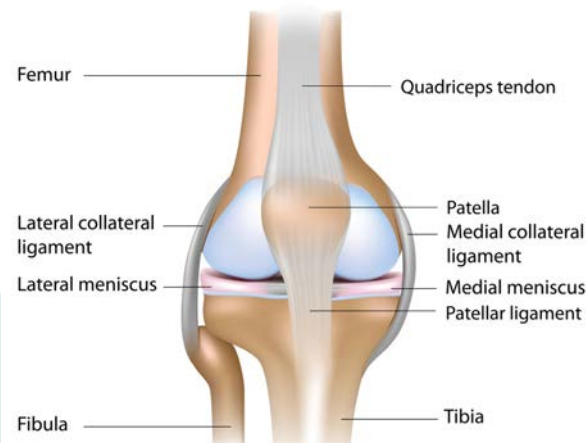
PATIENT
INFORMATION
LEAFLET

Patellar Femoral Pain Syndrome

Airedale NHS Foundation Trust
Bradford Teaching Hospitals NHS Foundation Trust
Bradford District and Craven Clinical Commissioning Group

Introduction

PFPS is a common condition which can affect women more than men. It is more common in younger people who are physically active.



Causes of Patellar Femoral Pain Syndrome

- PFPS is a pressure problem related to load across the knee joint between the patella (knee cap) and the femur shown above. Treatment is directed at changing the pressure in the joint through activation of muscles and stretches.
- PFPS can be related to a change in load such as starting a new activity, sudden increase in activity/frequency, when our tissues have not had time to adapt to the new load.

Symptoms of Patellar Femoral Pain Syndrome

Common symptoms include:

- Pain over the front of the knee around the patella. It tends to come on gradually and is dull/aching.
- Pain with squatting, stair climbing, prolonged sitting or running/jumping.
- Pain associated with clicking in the knee.

Diagnosis of Patellar Femoral Pain Syndrome

PFPS is diagnosed by a clinical assessment of the joint. An X-ray or MRI scan is not routinely required to make a diagnosis.

Self Management of Patellar Femoral Pain Syndrome

- Load management - review the amount of activity you are doing and if pain corresponds to an increase in activity then reduce to a manageable level. Try to keep fit trying other activities e.g. swimming, cycling, gym exercises which do not aggravate symptoms.
- Weight management - an increase in body weight will affect the knees.
- Muscle stretching and strengthening exercises to alter the pressure around the knee.
- Wearing footwear that gives more cushioning.
- There is some evidence that taping and use of temporary foot orthotics (inserts) can help.
- Using over the counter medication to help pain relief.

Exercises for Patellar Femoral Pain Syndrome

Exercise 1: Quadriceps stretch



- Lying on side, bottom knee bent up level with hips
- Tighten abdominals, and flatten back
- Hold top ankle so that heel is touching buttock
- Pull top leg back behind you until good stretch is felt in front of thigh
- Keep knee lower than hip and back flat
- Hold 30 seconds x 3

Exercise 2: Forward lunge



- In standing
- Step forwards with your left leg
- Lunge down with your right knee

- Bending your right knee towards the floor. Repeat
- ## Exercise 3: Hip Abduction in Standing



- Stand sideways
- Make sure you are supported
- Keep your knee straight
- Take your leg out to the side. Repeat

Exercise 4: Bridge



- Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze your buttocks.
- Hold your bridged position for a couple of seconds before easing back down.

Exercise 5: Clam (lateral hip rotation in side lying)



- Lying on your left side with your hips and knees bent.
- Lift your right knee up and rotate your hip
- Forming a gap between your knees. Repeat.