

Patellofemoral Pain Syndrome

How to care for your painful knee

Management and Prevention

What is it?

Pain at the front of the knee from overuse or muscle imbalance. Patellofemoral pain syndrome (PFPS) is common with or without sports.

What are symptoms associated with Patellofemoral Pain Syndrome?

Achy or sharp pain can happen behind or around the knee cap. It is common with running, stairs, squatting, kneeling, or sitting for a long time (examples: watch a movie and/ or driving).

What you can do:

Strengthen the muscles around your hip and control the pain with ice and positioning.

- Put ice in a pillowcase to protect your skin and place it on your knee for 10-15 minutes
- Use 1-2 pillows between your legs when you sleep on your side
- Keep your knee slightly bent you sit

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Exercises:

Side Hip Flexor Stretch

Lie on your side. Pull your top leg back without bending your back. Perform 3 times holding for 30 seconds each.



Hip Abduction

Lie on your side. Lift the top leg up without moving your back. Perform 10 times.



Clams

Lie on your side with your legs bent. Lift the top knee up. Perform 10 times.



Calf Stretch

Have one foot in front of the other. Keep the back heel down as you lean forward. Perform 3 times holding for 30 seconds each.

