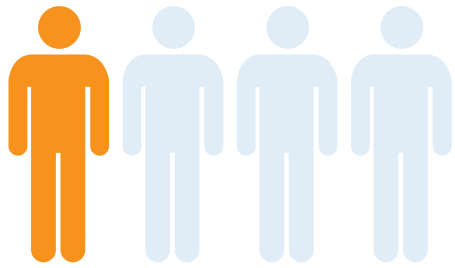


Patellofemoral Pain

Often known as “kneecap pain” or “runners knee”



Affects 25%

of the general population every year.

Women experience kneecap pain twice as often as men.

Prevention of kneecap pain is challenging, based on the Clinical Practice Guidelines by the Academy of Orthopaedic Physical Therapy*, here are some suggestions:

- Gradually increase the amount of activity you are doing.
- Do a variety of activities; adolescents who specialize in a single sport have greater risk of kneecap pain.
- Maximizing knee strength may reduce the risk of developing kneecap pain.
- Age, height, weight, and leg posture are not risk factors in developing kneecap pain.

How can a physical therapist work with you and your kneecap pain?

- Hip and knee exercises are the best thing for people with kneecap pain.
- Knee taping or inexpensive shoe inserts can be helpful, but should be combined with an exercise program.
- There are no quick fixes: Exercise is the best treatment option over other options.
- Improving the way a person runs, jumps, or adjusting a training routine often helps reduce kneecap pain.



*This infographic is based on the guideline by Willy et al titled “Patellofemoral Pain” (*J Orthop Sports Phys Ther.* 2019;49(9):CPG1-CPG95. doi:10.2519/jospt.2019.0302)

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The information provided in this graphic is for informational purposes and not a substitution for seeking proper health care to diagnose and treat this condition. Please consult a physical therapist or other health care provider specializing in musculoskeletal disorders for more information on managing this condition.