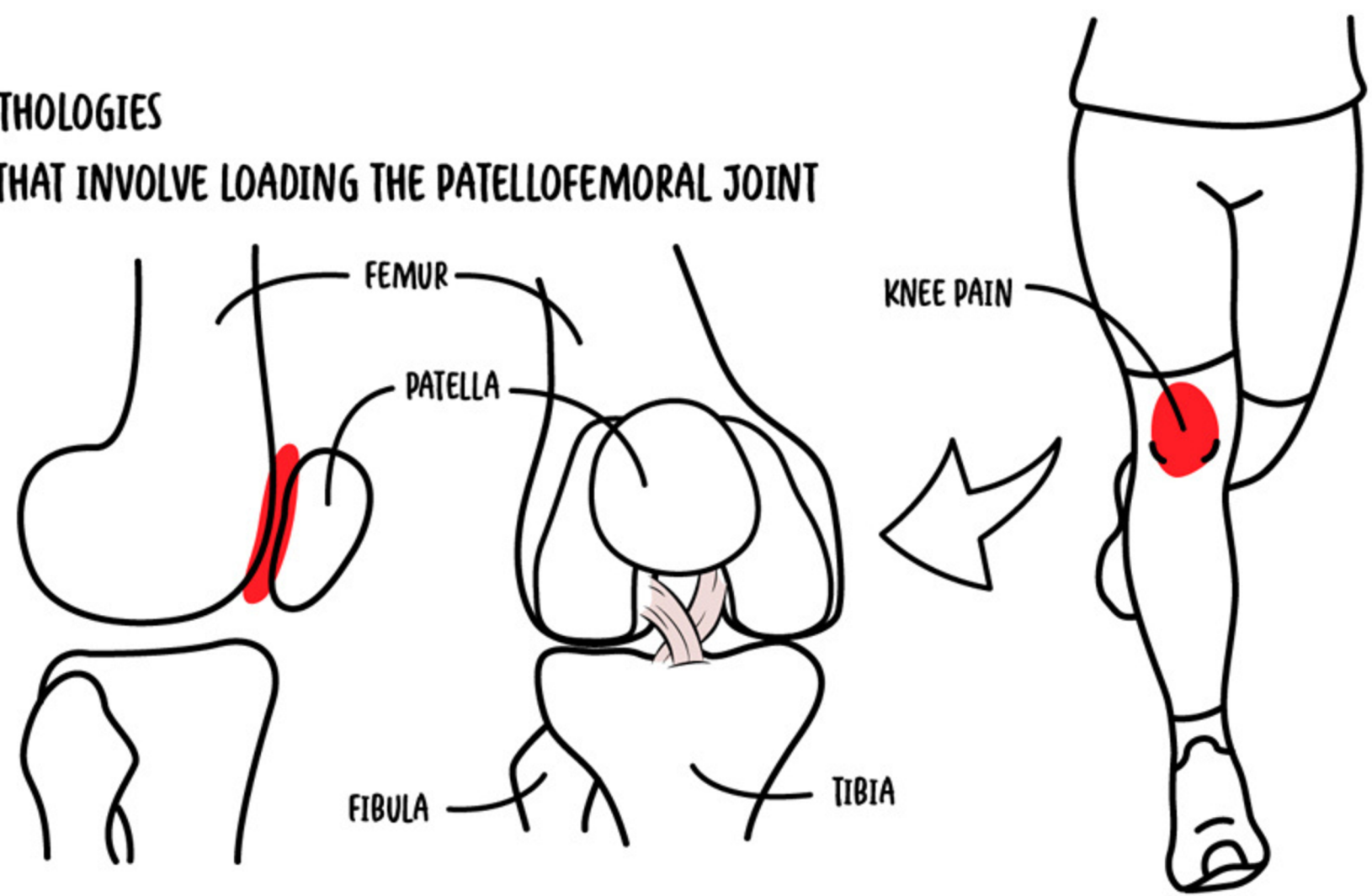


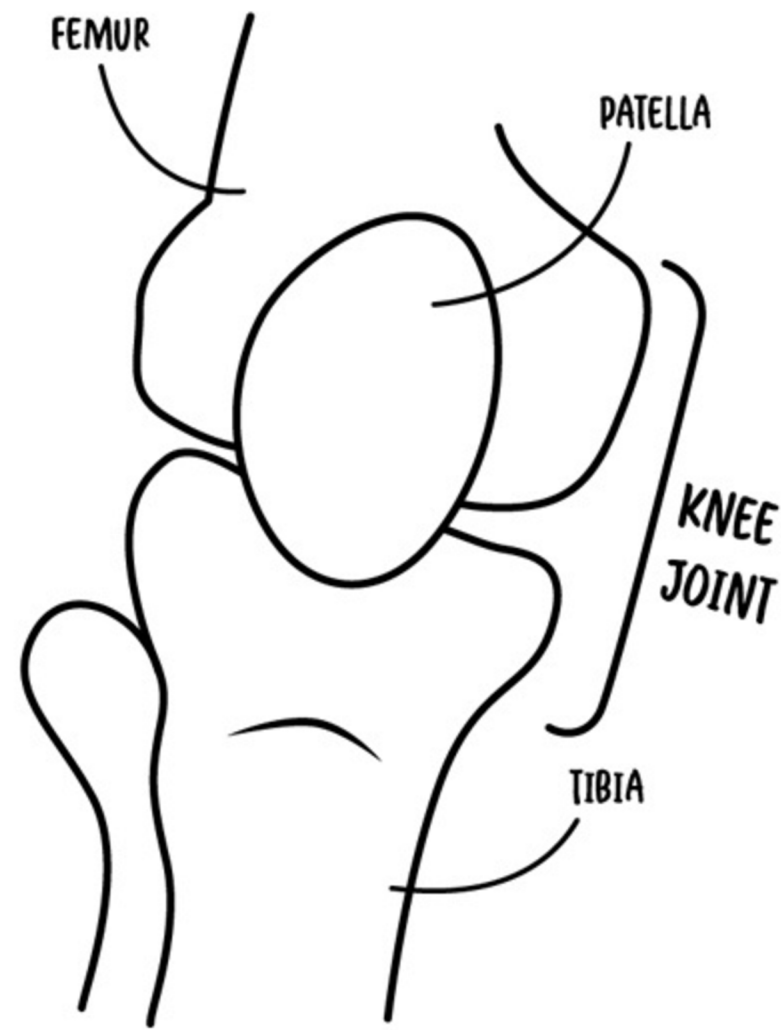
PATELLOFEMORAL SYNDROME (RUNNER'S KNEE)

- OVERUSE DISORDER
- NOT ATTRIBUTED TO OTHER PATHOLOGIES
- AGGRAVATED BY ACTIVITIES THAT INVOLVE LOADING THE PATELLOFEMORAL JOINT (RUNNING OR JUMPING)



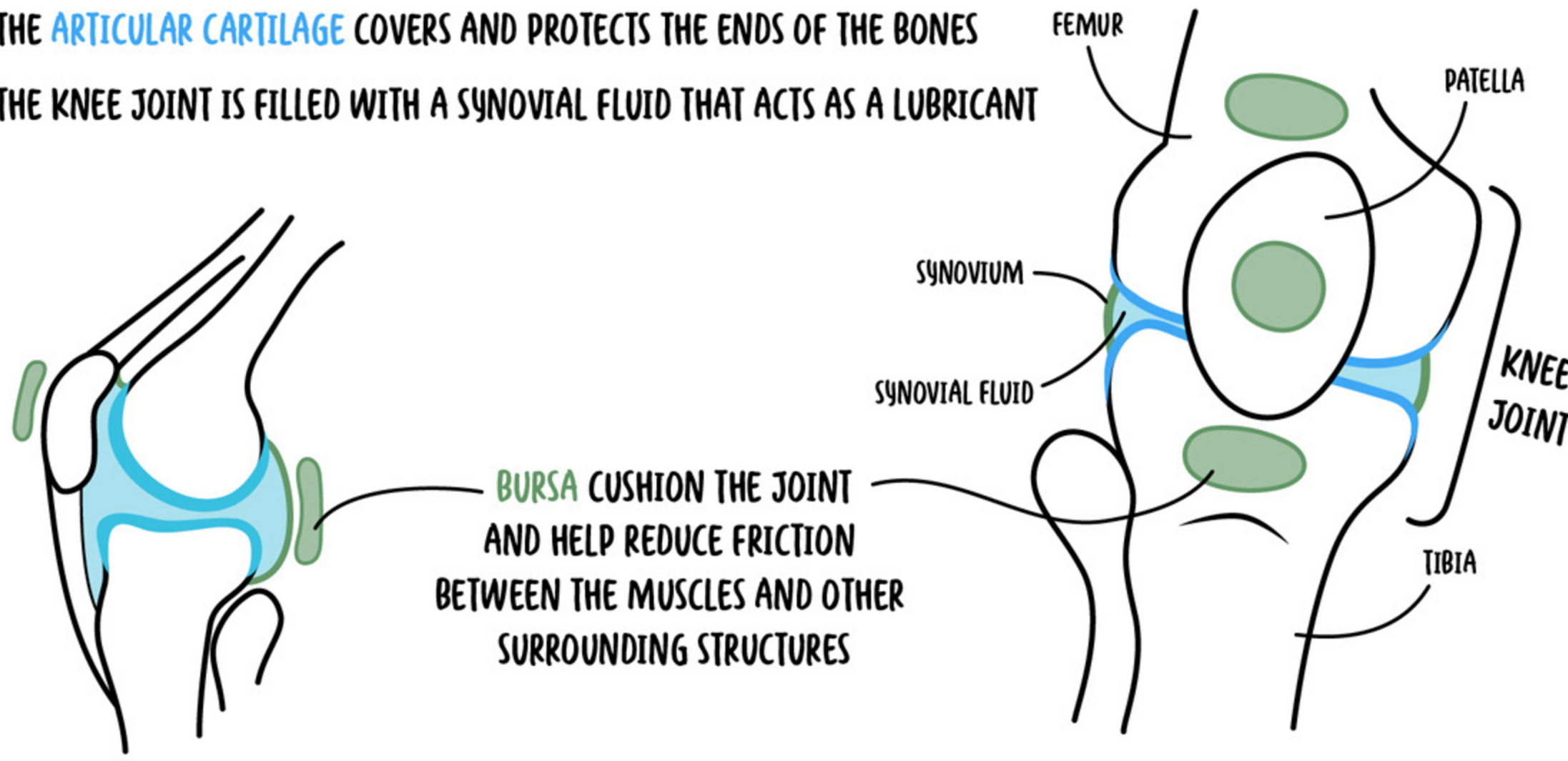
ANATOMY

- LOWER END OF THE FEMUR
 - UPPER END OF THE TIBIA
 - PATELLA
- KNEE JOINT



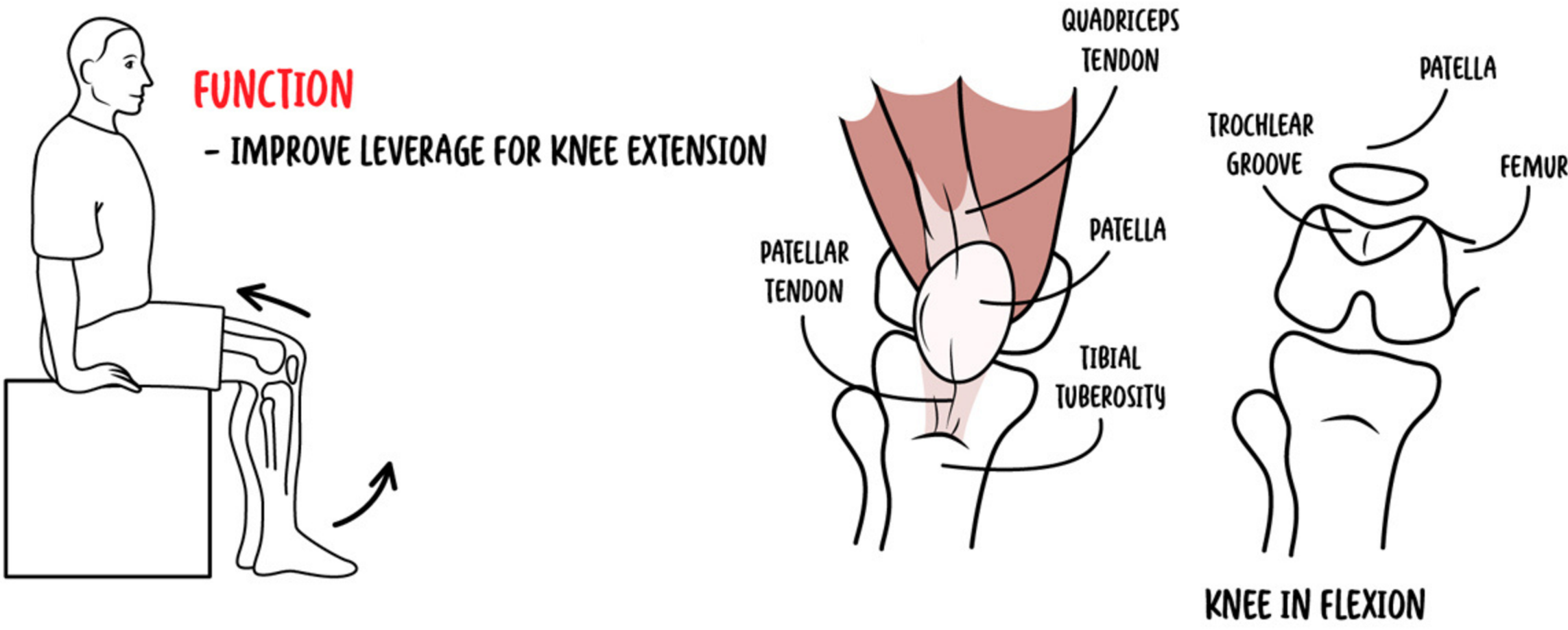
ANATOMY

- THE ARTICULAR CARTILAGE COVERS AND PROTECTS THE ENDS OF THE BONES
- THE KNEE JOINT IS FILLED WITH A SYNOVIAL FLUID THAT ACTS AS A LUBRICANT



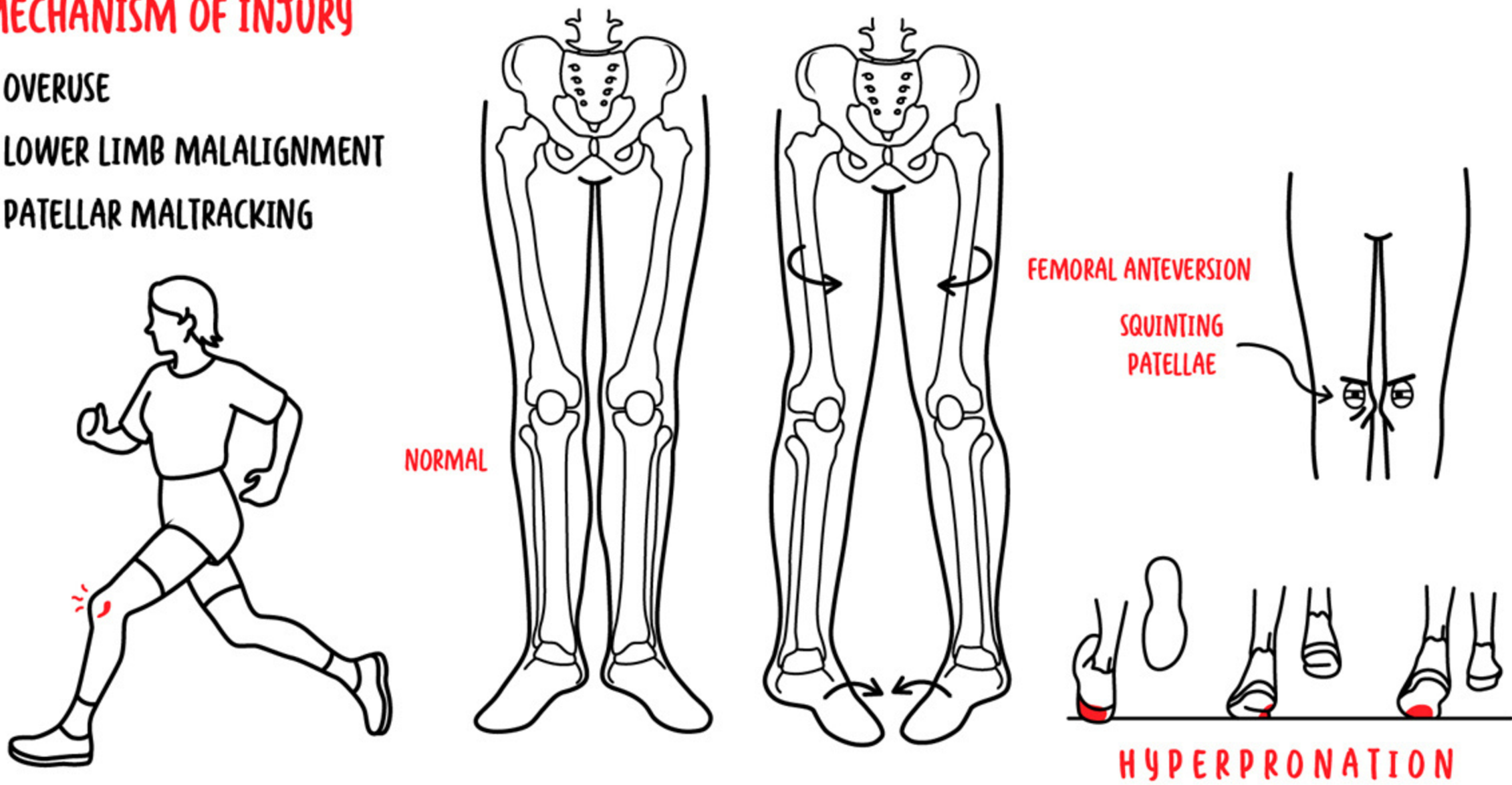
ANATOMY

- PATELLA
- LARGEST SESAMOID BONE
 - ATTACHMENT POINT FOR THE QUADRICEPS TENDON AND THE PATELLAR LIGAMENT



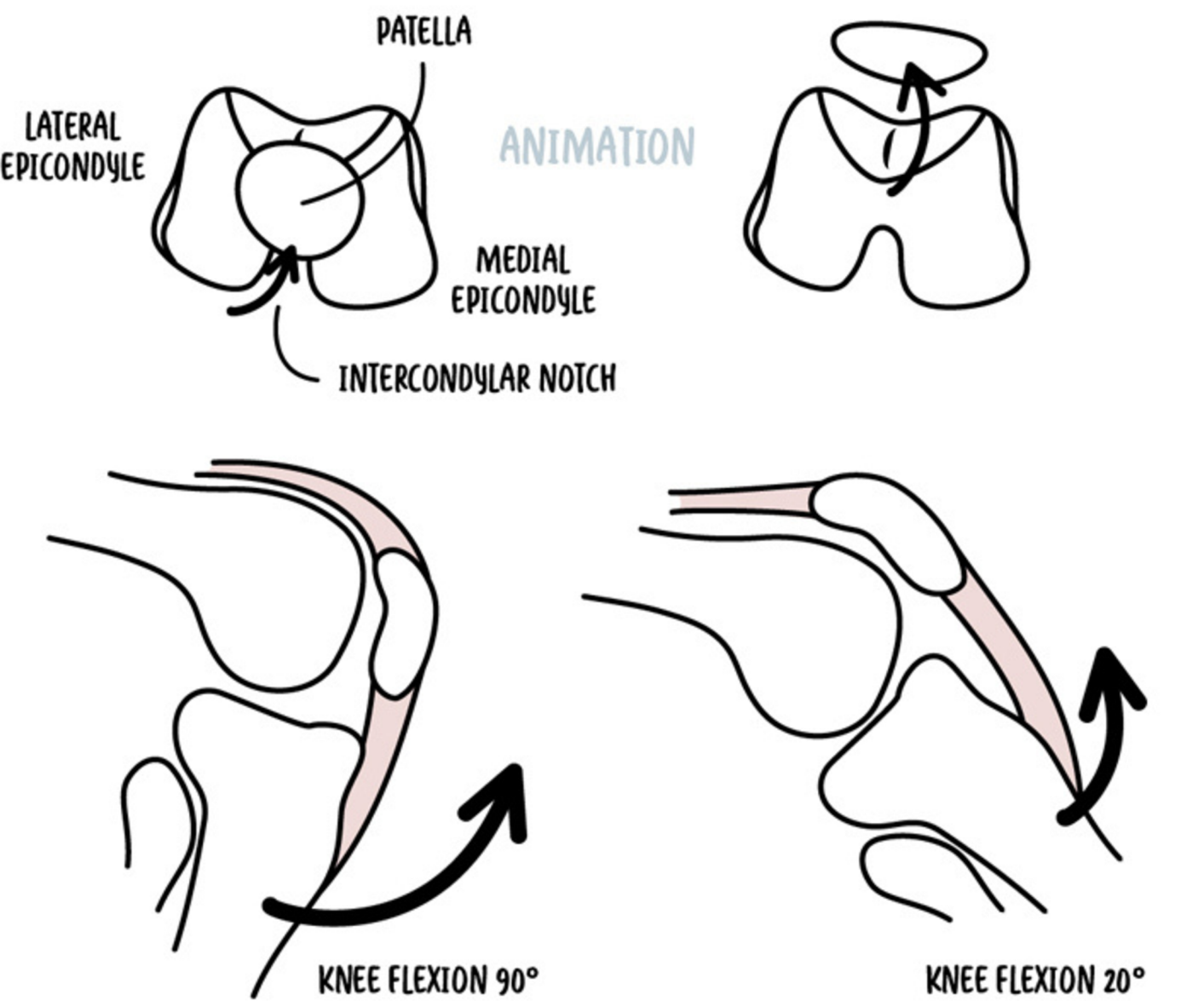
MECHANISM OF INJURY

- OVERUSE
- LOWER LIMB MALALIGNMENT
- PATELLAR MALTRACKING



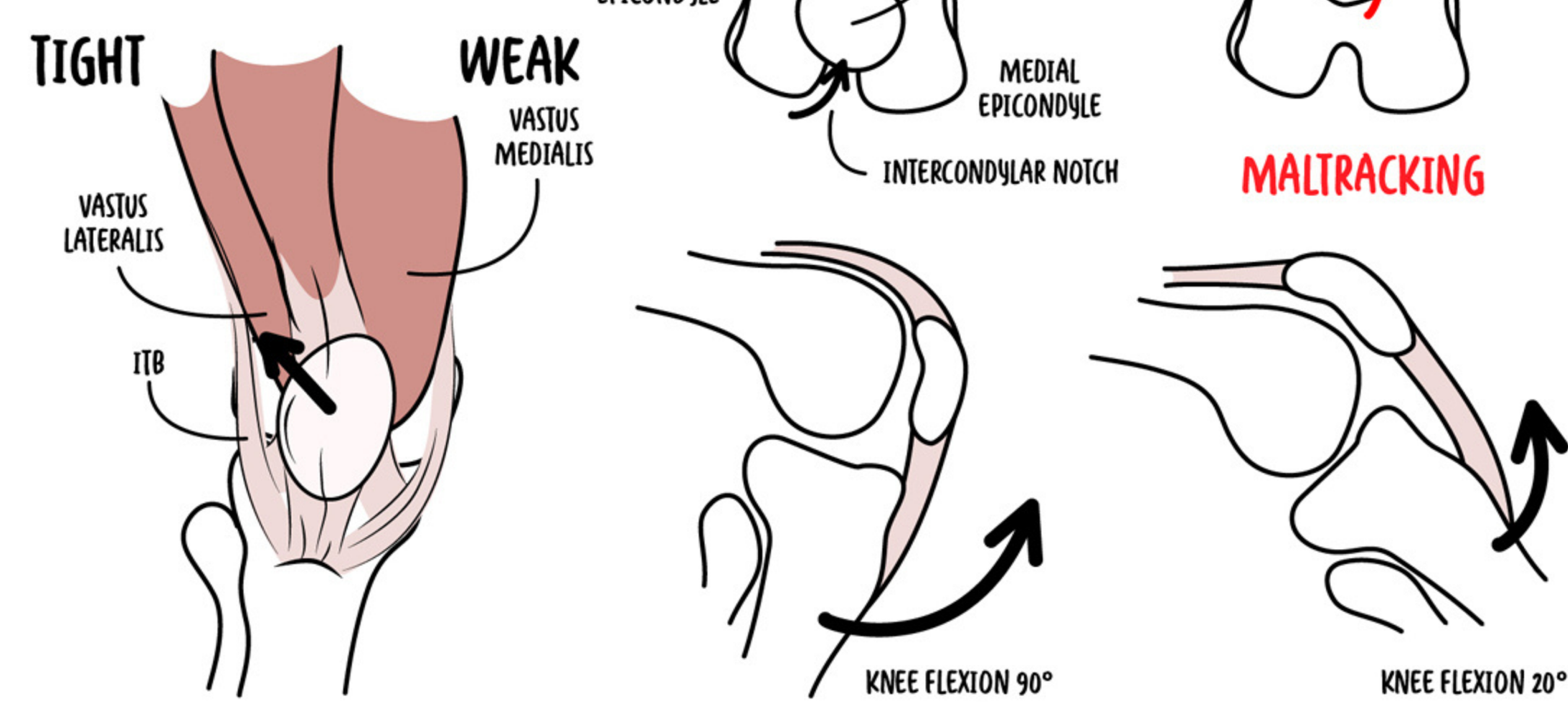
MECHANISM OF INJURY

PATELLAR MALTRACKING



MECHANISM OF INJURY

PATELLAR MALTRACKING

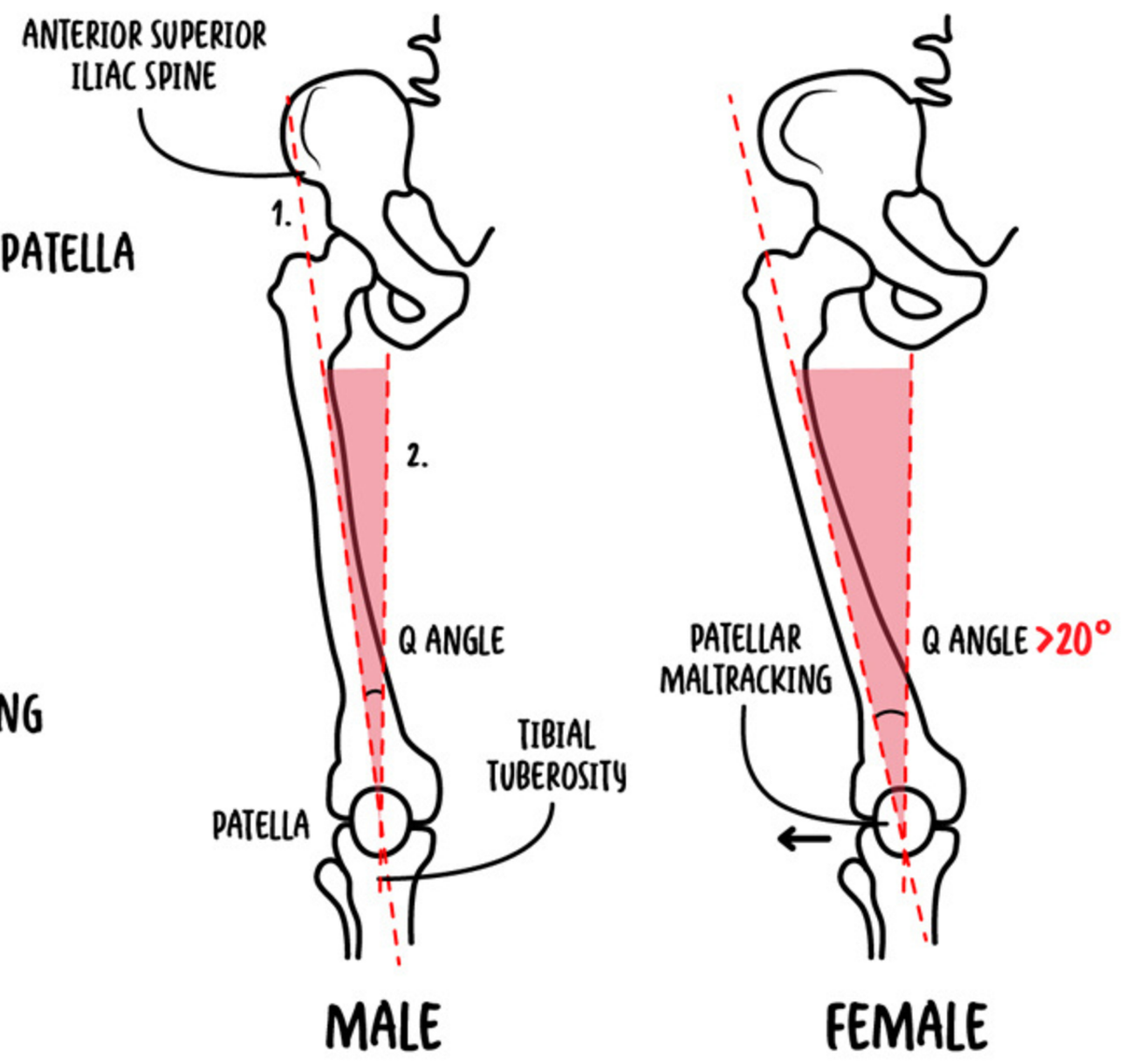


THE Q ANGLE

- ANGLE AT THE JUNCTION BETWEEN TWO LINES
1. ANTERIOR SUPERIOR ILIAC SPINE - MIDDLE OF THE PATELLA
 2. TIBIAL TUBEROSITY - MIDDLE OF THE PATELLA

- NORMAL IS <20°

- >20° ASSOCIATED WITH PATELLAR MALTRACKING
- FEMALES HAVE A GREATER Q ANGLE

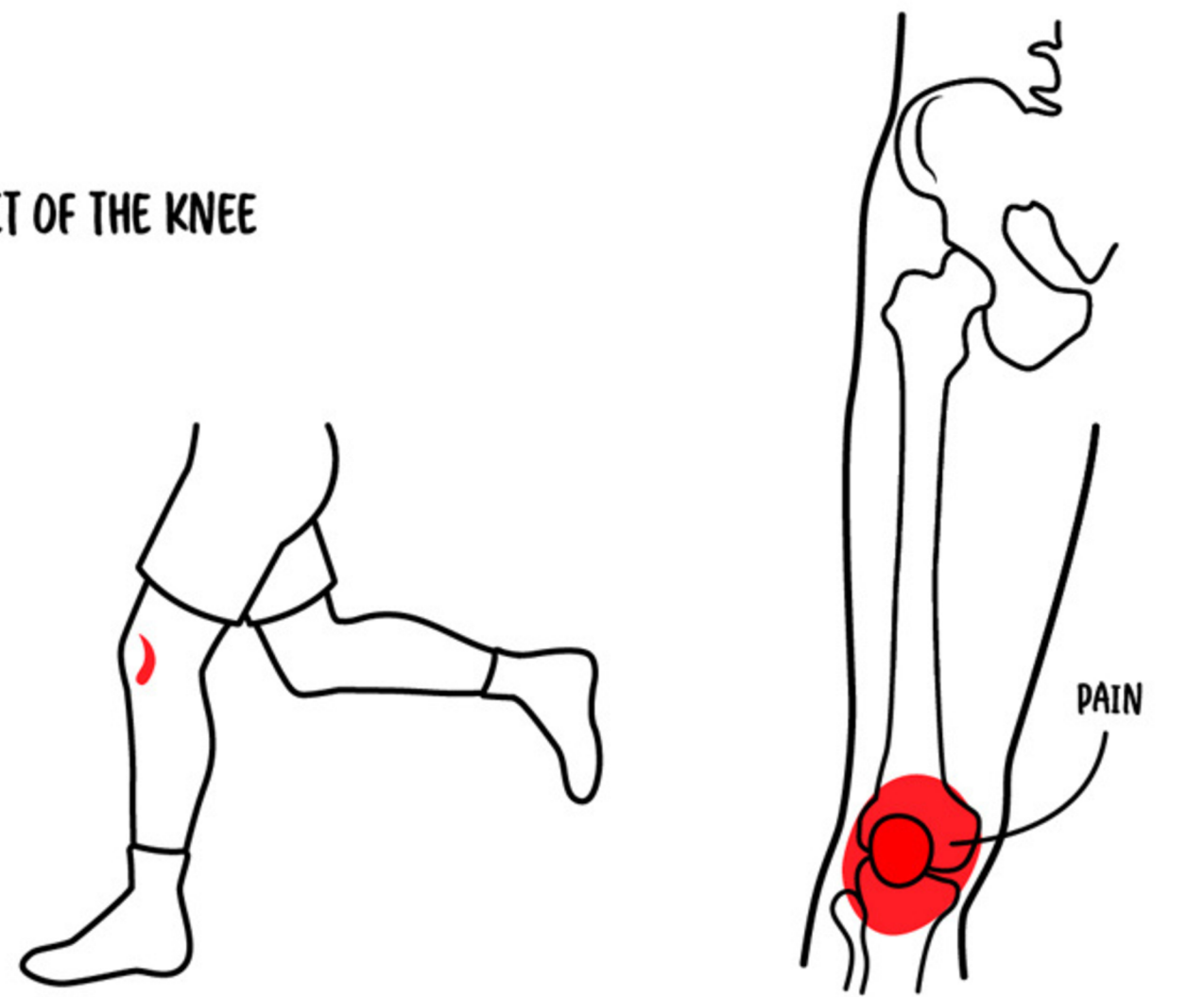


CLINICAL PRESENTATION

PATELLOFEMORAL PAIN

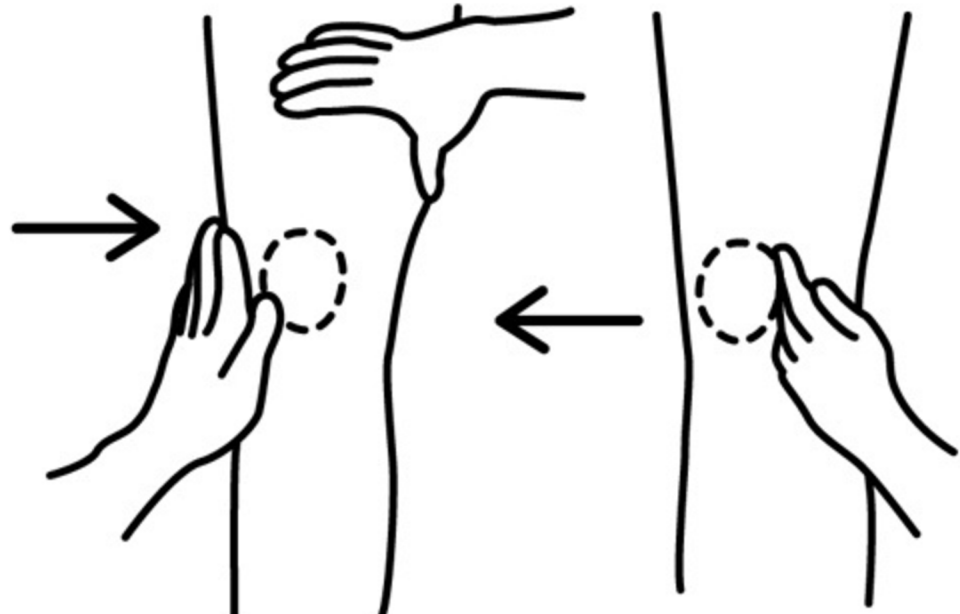
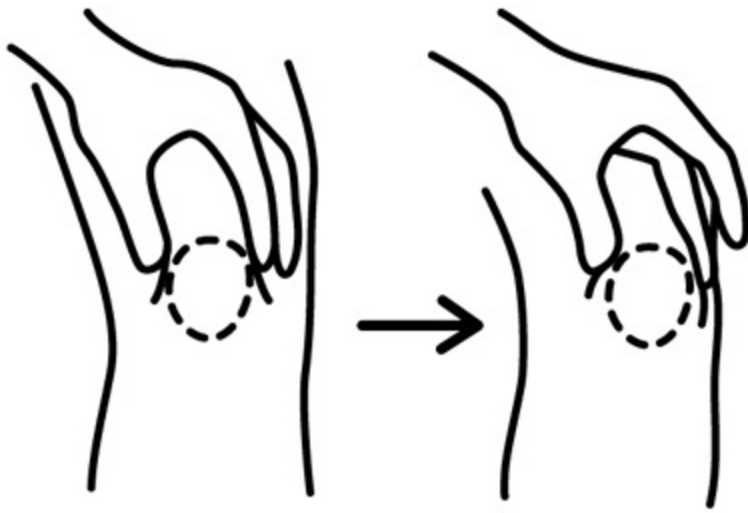
- VAGUE, ACHING PAIN OVER THE ANTERIOR ASPECT OF THE KNEE
- AGGRAVATED BY ACTIVITY
- "CLICKING" OR "GRATING"
- KNEE MAY GIVE WAY

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CLINICAL EXAMINATION

- TENDERNESS OF THE MEDIAL OR LATERAL FACETS OF THE PATELLA
- SMALL EFFUSION
- CREPITUS
- STIFFNESS OF PATELLAR MOVEMENT
- WASTING OF VASTUS MEDIALIS

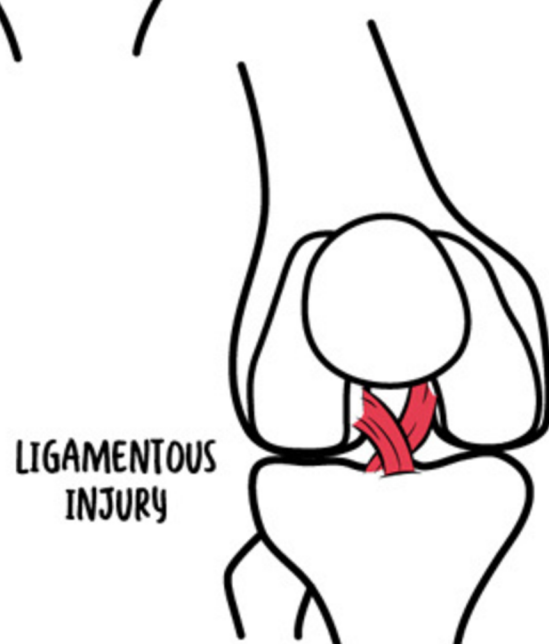
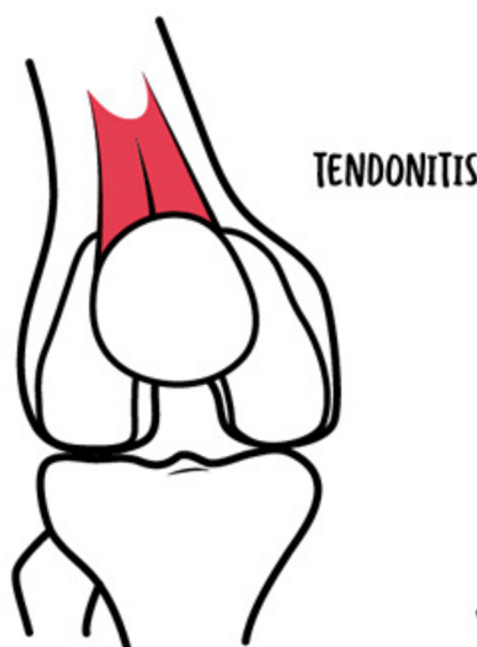
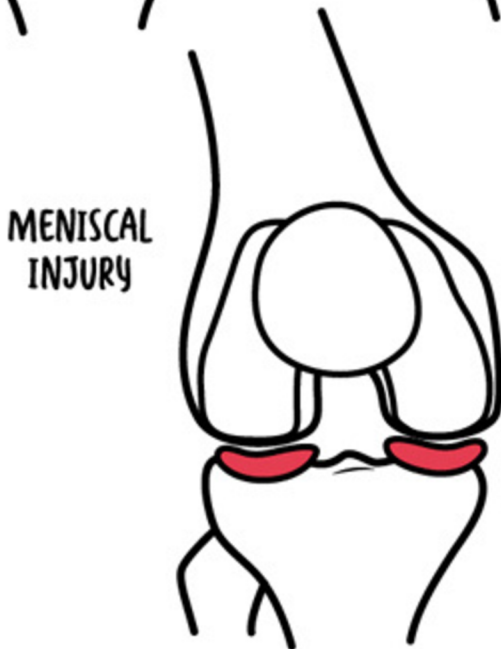
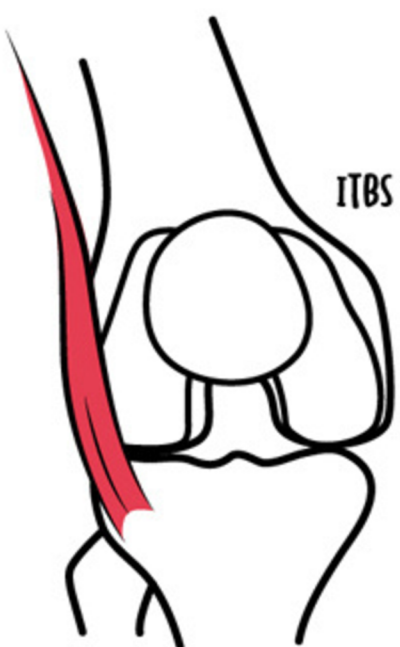
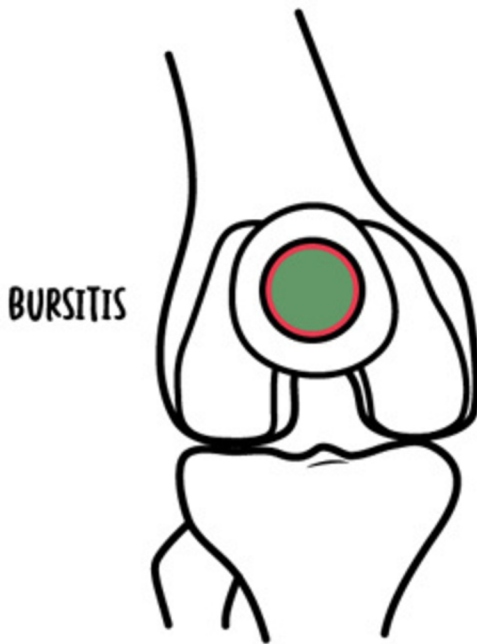


THE BULGE SIGN - EFFUSION

CLINICAL EXAMINATION

DIFFERENTIALS OF ANTERIOR KNEE PAIN:

- LIGAMENTOUS INJURY
- MENISCAL INJURY
- TENDONITIS OF PATELLA OR QUADS
- BURSITIS
- ITBS

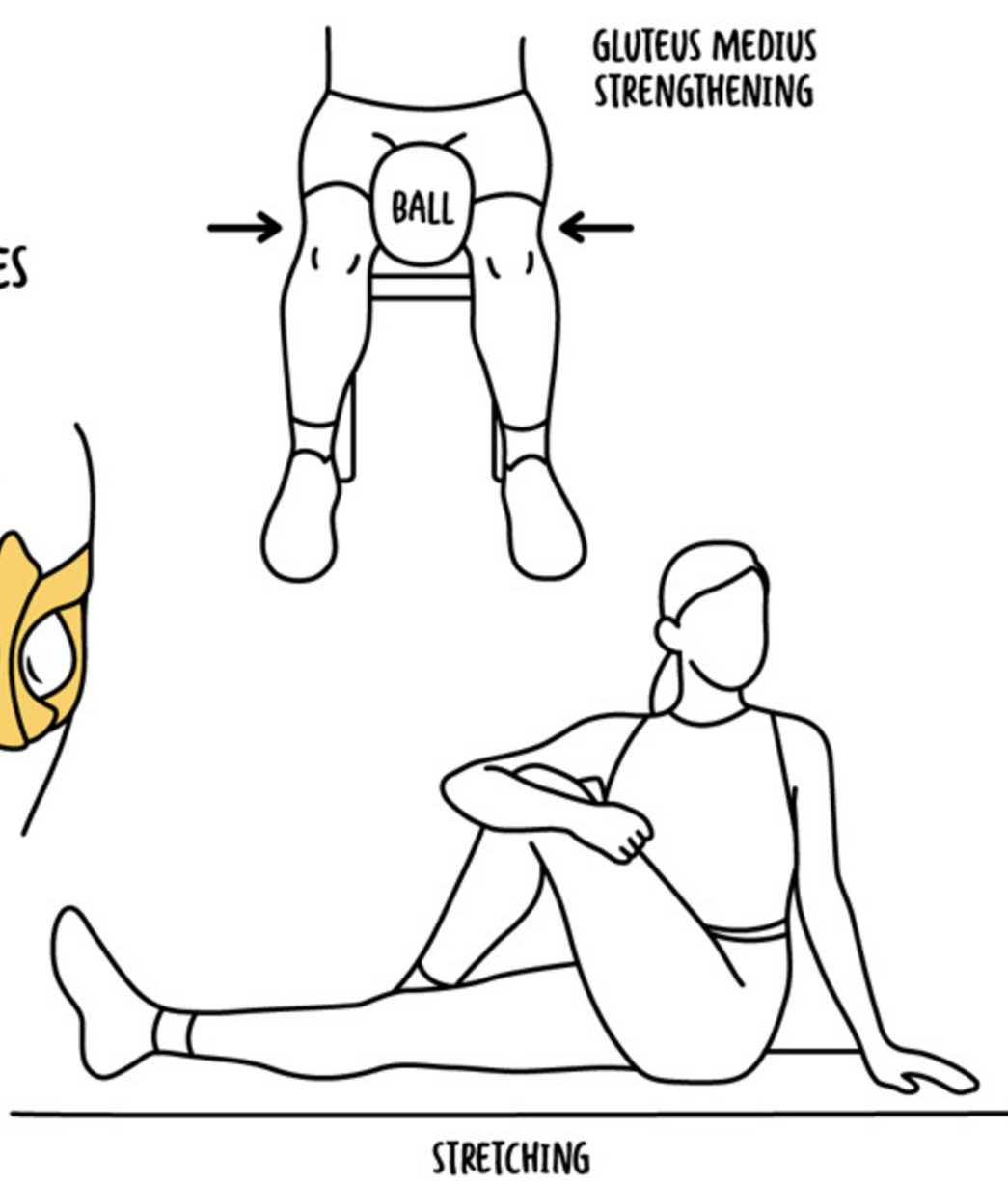


TREATMENT

1. CORRECT ANY ABNORMAL BIOMECHANICS

- MANUAL TREATMENT AND STRETCHING OF THE TIGHT MUSCLES
- PATELLAR TAPING
- GLUTEUS MEDIUS STRENGTHENING
- ORTHOTICS
- MODIFICATION OF TRAINING REGIME

2. SURGERY IS NOT REQUIRED



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