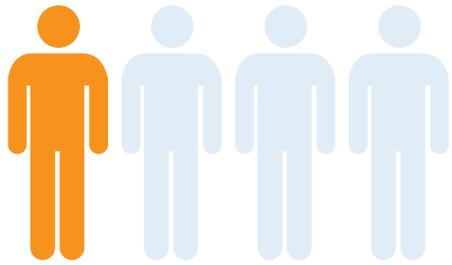


# Patellofemoral Pain

Often known as “kneecap pain” or “runner’s knee”



## Affects 25%

of the general population every year.

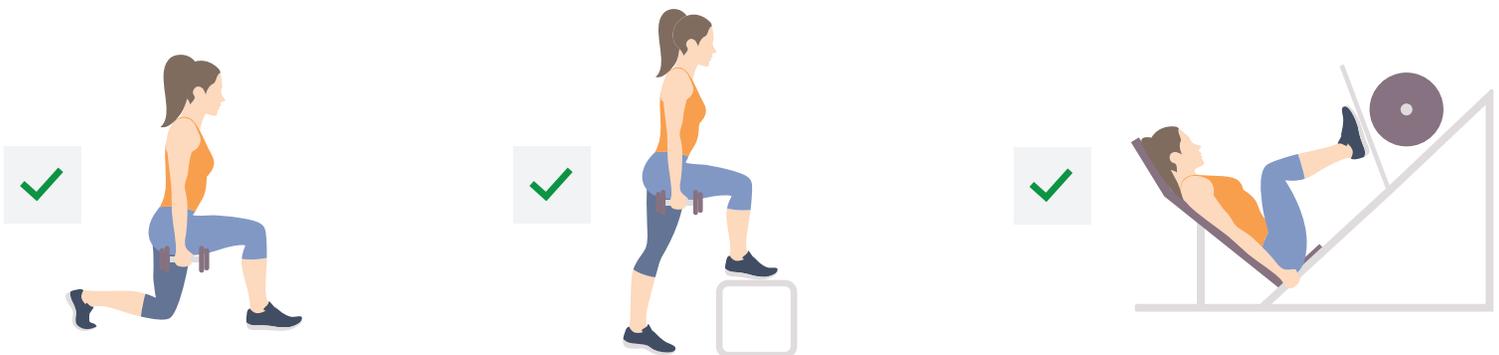
*Women experience kneecap pain twice as often as men.*

**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 knee cap 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.