

Patella femoral Pain Syndrome/ Chondromalacia

The patella femoral joint (PFJ) is the articulation between the kneecap (patella) and the thigh bone (femur). Patella femoral pain syndrome (PFPS) is one of the most common conditions of the knee that causes a diffuse ache and may feel as though the pain is originating from behind the kneecap itself.

The PFJ is often overloaded due to unaccustomed activity or poor biomechanics at the knee, hip or foot. Onset of pain is typically insidious (comes on overtime) although may be secondary to a traumatic event. Aggravating activities may include squatting, stairs, hills and prolonged sitting.

Altered positioning of the patella in its groove due to tightness of lateral structures, typically the illiotibial band (ITB) and possible weakness of the inner quadriceps muscle (VMO) can contribute to tracking issues of the kneecap. Taping to rectify this problem often provides relief of symptoms during weight bearing exercises such as squatting and stairs

