



WHAT'S THAT PAIN IN MY KNEE?

What Causes PFP?

Several factors can lead to PFP, contributing to its complexity. These factors include:

- Excessive hip adduction and internal rotation during dynamic tasks such as running and landing from a jump
- Quadriceps weakness and tightness
- Slower muscle contraction of the inner part of the quadriceps muscle compared to the outer portion
- Increased knee abduction impulses and moments during running and landing activities

Preventative Measures and Treatment Options

With as many as 70 to 90 percent of individuals with PFP having recurrent or chronic symptoms, early detection is essential to preventing, treating and managing the condition. A sports medicine professional, such as your athletic trainer, can assess your risks through a variety of evaluations, including gait and jump landing test. Your AT can also develop a PFP prevention program that includes lower extremity stretching and quadriceps and hip strengthening exercises. Those diagnosed with PFP can expect a multimodal approach to treatment that addresses impairments of the knee, hip, foot and ankle.

Patellofemoral pain (PFP) is one of the most common knee problems affecting active individuals, especially young athletes. Despite its commonality, PFP is often misunderstood and can be challenging to manage due to its complex nature. Gaining a better understanding of PFP can help mitigate risk factors and lead to better discussion among patients and health care providers, such as an athletic trainer.

What is PFP?

PFP describes pain in the front of the knees and around the patella (kneecap). This irritation of the knee joint can be caused by numerous factors, with the most common symptom being a dull, aching pain in the front of the knee. Pain and stiffness caused by PFP can make everyday activities, such as climbing stairs and kneeling down, more difficult.