



# RUNNER'S KNEE

*Understand your injury.  
Know your next steps.*

## ***What is Runner's Knee?***

Patellofemoral pain syndrome refers to pain at the front of knee and around the kneecap (patella) and is often called runner's knee. There are many structures that control how the kneecap moves in the groove of the femur, and imbalances in these structures can contribute to pain, abnormal tracking of the patella and sometimes wearing of the underside of the kneecap (chondromalacia). Activities that require repetitive bending of the knee may exacerbate the kneecap pain.

## ***How does it happen?***

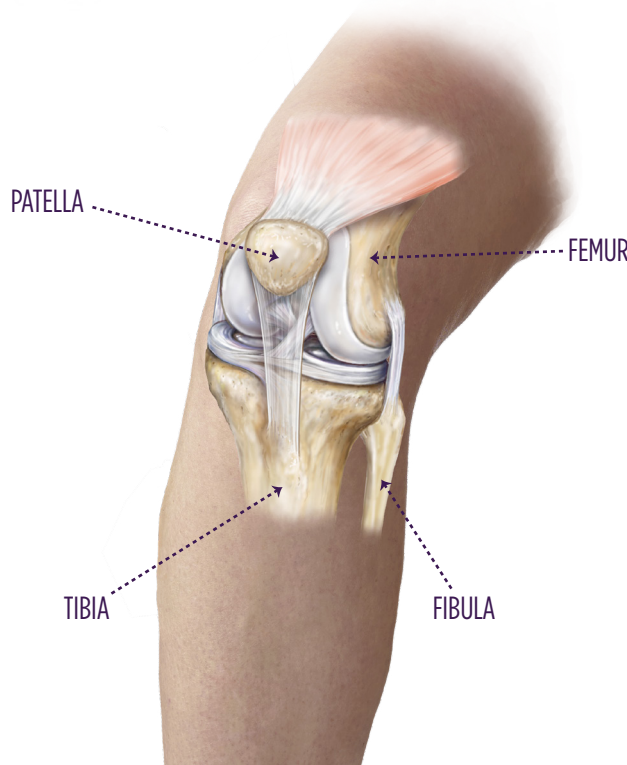
Several factors may contribute to this condition including unbalanced leg strength, poor core stability, a lack of gluteal strength, an increased kneecap-to-tibia angle (Q-angle), genetic predisposition, repetitive activities and increasing training too quickly.

## ***What are the symptoms?***

- >> Dull, aching pain
- >> Clicking and/or popping under the kneecap
- >> Worsens with stairs, kneeling, prolonged sitting or repetitive activities.

## ***How does my specialist diagnose it?***

A discussion of your symptoms, a physical examination, and X-rays are useful for a diagnosis. Your specialist may recommend having an MRI scan as well.



For expert advice on how to stay healthy and active, visit [summitortho.com](http://summitortho.com).



APPOINTMENTS (651) 968-5201

## What are the treatment options? What does my specialist recommend?

Your knee specialist has developed a treatment plan based on your specific situation. His or her recommendation, for you, has been selected from the treatment options below.

	TREATMENT	DESCRIPTION	MY NEXT STEP
<input type="checkbox"/>	ANTI-INFLAMMATORY MEDICATION	Over the counter medications such as Aleve, Advil, Motrin, and aspirin can be used to help reduce swelling and pain.	Pick up medication, and start regularly taking it as your doctor recommends
<input type="checkbox"/>	BRACING	A brace worn during activity can provide support to the patella and help keep it aligned. Athletic tape/kinesiotape can also help align the knee.	Set up an appointment (651) 968-5201
<input type="checkbox"/>	PHYSICAL THERAPY	A therapist can work with you to address the cause of your condition. They then will help you strengthen your core and gluteal muscles while also evaluating your running shoes.	Set up a physical therapy appointment (651) 968-5600
<input type="checkbox"/>	WELLNESS	Start with a free wellness consult to explore your goals and what tools are available to you.	Set up a wellness consultation: (651) 968-5766
<input type="checkbox"/>	INTEGRATED PHYSICAL THERAPY AND WELLNESS	Our team of physical therapists, performance specialists, and registered dietitians works collaboratively with you in designing an integrated rehabilitation plan that will help you reach your full potential.	Set up an integrated consultation: (651) 968-5766
<input type="checkbox"/>	VIDEO ANALYSIS	Video taping your running mechanics can help identify underlying biomechanical issues contributing to your condition including poor gluteus and core strength.	Set up an appointment (651) 968-5201
<input type="checkbox"/>	ACTIVITY MODIFICATION	If certain activities aggravate your condition, you may need to discontinue those for a period of time. Depending on the degree of wear and irritation this may be just as crucial as any medication or therapy regiment.	Contact us if symptoms do not improve (651) 968-5201

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