



## Patellofemoral Pain Syndrome

Patellofemoral pain syndrome refers to pain behind the knee cap, or patella. It may be secondary to trauma, dislocation, or malalignment. It often occurs from overuse, but may have no specific identifiable cause.

As with most inflammatory conditions, treatment is focused at first decreasing the amount of inflammation. This can be performed with appropriately prescribed anti-inflammatory medication or ice to the area four times daily for 20 minutes. You and your surgeon may consider an injection with a steroid such as cortisone. The goal of treatment is to decrease pain and maintain function, and allow the body to heal. This can be further accomplished with specific stretching and strengthening exercises, as well as modifying any provocative activities.

We have assembled a series of stretches and strengthening exercises which have proven clinical benefits in treating patellofemoral pain syndrome. Please visit our website [www.floridajointcare.com/PT](http://www.floridajointcare.com/PT) to view our instructional videos created by our surgeons and therapists to correctly perform these stretches and exercises at home.

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## Home Exercise Program

Follow along with instructional videos on our website [www.floridajointcare.com/PT](http://www.floridajointcare.com/PT)

1. Hamstring stretch – hold for 30 seconds, perform three times daily
2. Patellar mobility stretches – hold each for 10 seconds, repeat over 5 minute period
3. Quadriceps stretch – hold for 30 seconds, perform three times daily
4. Hip flexor stretch – hold for 30 seconds, perform three times daily
5. Isometric quadriceps strengthening (straight leg raise) – perform 10 repetitions, perform three times daily

\* May adjust number of repetitions and number of sets as tolerated.