

## **What is Causing Your Knee Pain? Patellofemoral Pain Syndrome or Kneecap Pain? How to tell?**

Patellofemoral pain or patellofemoral pain syndrome is an umbrella term for pain arising from your kneecap. The pain generally felt around the kneecap or at the front of the knee. It is more common in people who participate in running and jumping sports.

Kneecap pain can be caused by trauma but often it is caused by poor positioning of the knee cap. The kneecap is positioned within a groove on the end of your thigh bone. If the kneecap is deviated or tilted to one side it can result in overuse or overload on the part of the thigh bone resulting in pain, discomfort, and irritation.

The poor positioning of the kneecap can be caused by muscle weakness, imbalances, or tightness. The poor positioning of the kneecap can be also caused by issues with your hip or your foot. We will address these issues in the treatment video for kneecap pain.

### **Common Signs of Patellofemoral Pain (Kneecap Pain)**

- a. Pain when sitting prolonged with the knee bent (cinema sign).
- b. Pain with tight clothing that puts pressure on your kneecap when you bend your knee (skinny jeans).
- c. Pain going into or coming up from a squat.
- d. Pain going up or down stairs or hills.
- e. Pain when wearing high heels or standing with knees hyper-extended.

### **Three Tests for Patellofemoral Pain (Kneecap Pain)**

1. If you have “loose ligaments” or are “double jointed” you may want to skip this test. Push your kneecap back and forth and up and down. Look for tightness. Be careful not to dislocate. May be tight in all four directions.



2. Push down on kneecap and move back and forth. Increased pain and possible crepitus (crunchy noise) may be a sign of patellofemoral pain.



3. Squat down till thighs are level (if possible). Increase knee pain could be a sign of patellofemoral pain.

