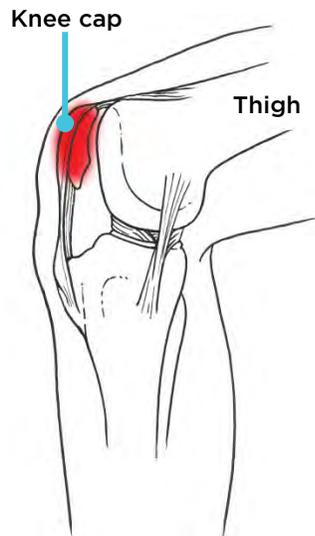


Patellofemoral Syndrome



Your child is diagnosed with patellofemoral syndrome. This is pain at the front of the knee caused by irritation of the kneecap or end of the thigh. Irritation can be caused by overuse of the knee from a repetitive activity, doing weight-bearing work that puts extra pressure on the joint or from a knee cap that is out of alignment.

Symptoms include:

- Pain under or around the kneecap
- Swelling
- Pain when moving the knee
- Increased pain with activities such as prolonged sitting, jumping, running, squatting, kneeling and stairs

Common treatments include:

- Change in your child's activity level
- Rest
- Ice
- Bracing the knee
- Taping the knee
- Stretching
- Strengthening the muscles around the tendon
- Referral to physical therapy

Your child should avoid squatting, stairs or hills, or any activity that increases pain.

Early exercises for knee pain

Begin the following exercises until your child's appointment with a physical therapist. Exercises should be pain free. If pain worsens, then stop the exercises. These exercise pictures may use a blue nylon belt, but your child may use a towel at home.

To Learn More

- Sports Physical Therapy
206-987-6400
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Patellofemoral Syndrome

Quad stretch

1. Lie down on stomach.
2. Pull one foot toward the buttocks until a stretch is felt in the front of the thigh.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



Hamstring stretch

1. Lie on back with towel looped around one foot. Hold towel ends in hands.
2. Keep knees straight and gently pull one leg up until a stretch is felt at the back of the leg.
3. Hold for 30 seconds. Then repeat on the other leg.

Do the stretch 2 to 3 times a day on both sides.



Straight leg raise

1. Lie on back with one leg bent and the other leg straight.
2. Lift up the straight leg to thigh level of the other leg, then lower it back down.
3. Repeat on the other leg.

Do 2 sets of 10 leg raises with each leg.



Clamshells

1. Lie on side with knees bent and feet together.
2. Lift the top knee up, then lower back down to starting position.
3. Repeat on the other leg.

Do 2 sets of 10 clamshells on each side.

