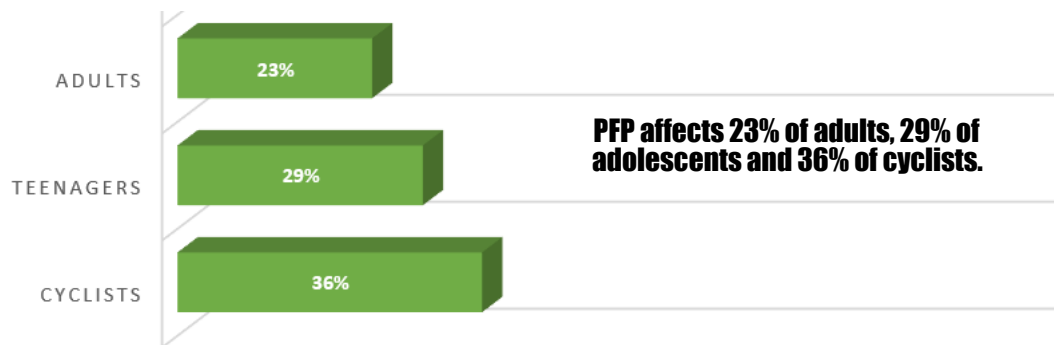


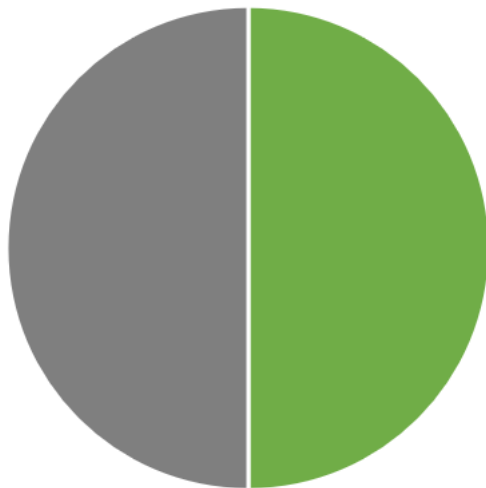
Patellofemoral Pain

Patellofemoral pain (PFP) is a common, chronic condition presenting as pain around or behind the knee cap.

It occurs during activities such as running, climbing stairs and squatting.



PFP affects 23% of adults, 29% of adolescents and 36% of cyclists.



PFP persists in about 50% of people, in some cases for up to 20 years!



PFP can lead to the onset of osteoarthritis.

Exercise reduces pain in the short, medium and long term and improves function in the medium and long terms

Prefabricated orthotics can reduce pain in the short term



Exercises targeting the hip and knee are the key component of management for patients with PFP

2018 Consensus statement on exercise therapy and physical interventions to treat PFP

Shop 1 & 2 39-41 Railway Pde, Engadine NSW 2233

Phone: 9548 3372

Email: admin@parksidesportsphysio.com.au

