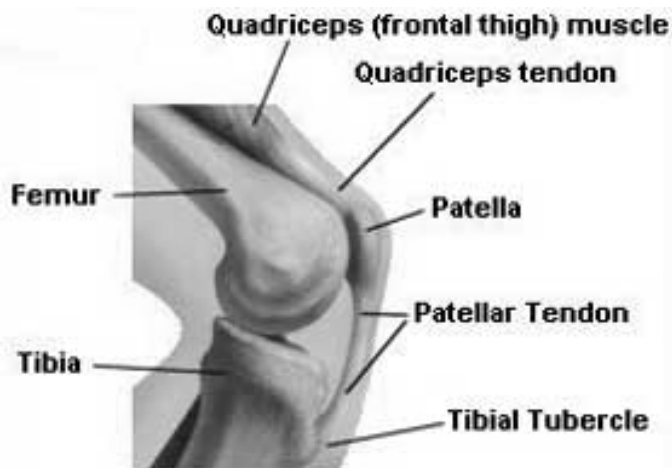
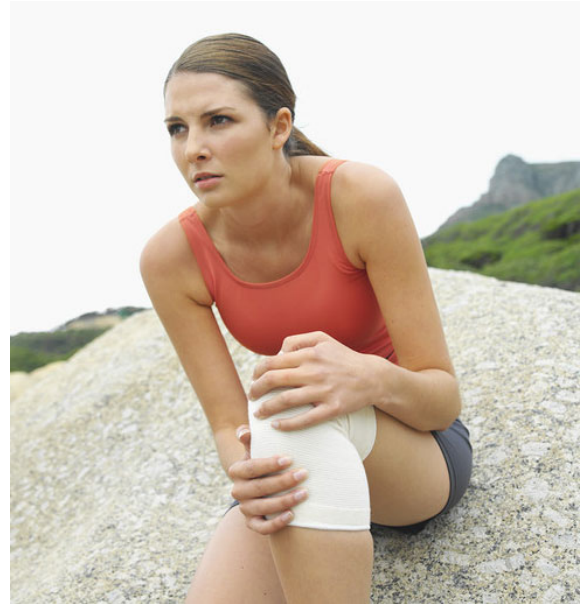




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Chondromalacia Patella (Runner's Knee)

Chondromalacia Patella is an inflammation of the undersurface of the knee cap which causes kneecap or anterior knee pain. It often affects young, otherwise healthy athletes.



The patella or knee cap has a smooth coating of cartilage under it that helps it to glide easily with the femur during flexion and extension of the knee. In some people the knee cap can rub more so on one side of the femur than the other which causes the surface to become irritated, inflamed and painful.

With chondromalacia the deeper layers of cartilage become irritated and surface changes occur.

There are many reasons for chondromalacia patella, including; muscle imbalances, over training, altered positioning of the knee cap, poor foot biomechanics and anatomical variations.

Tips for treatment:

1. Rest and ice are the most important first step to allow the inflammation to decrease and healing to occur, you cannot run through this!
2. Avoid painful activities and begin with a slow return that incorporates cross training.
3. Strengthen the quadriceps, hamstring, gluteal and trunk muscles.
4. Stretch the quadriceps, iliotibial band and any other muscles that are limited in flexibility.
5. Physical therapy can facilitate healing and specifically assess and address the causative factors. Treatment typically includes exercise and will include modalities and manual, hands on treatment when indicated. Physical Therapy will always include guidance on a safe return to activity.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

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