

Patellofemoral Pain Syndrome



What is Patellofemoral Pain Syndrome?

Patellofemoral Pain Syndrome (Often called “runners knee”) is a common condition that causes pain around or behind the kneecap (Patella). It occurs when the kneecap does not move smoothly over the thigh bone (Femur) during activities such as walking, running, squatting or climbing stairs.

👉 In simple terms: **It is pain at the front of the knee caused by irritation under and around the kneecap.**

Why does ITB Friction Syndrome happen?

ITB syndrome usually develops due to repetitive strain and poor load management, rather than a single injury.

Common causes include:

- Sudden increase in running or cycling volume
- Running on uneven terrain
- Poor footwear
- Weak hip and glute muscles
- Tight thigh muscles
- Poor running or cycling mechanics
- Inadequate recovery
- Downhill running

Common symptoms

Knee Symptoms

- Sharp or burning pain on the outside of the knee
- Pain that worsens with activity
- Discomfort during downhill running or stairs
- Pain after a certain distance/time
- Tenderness on the outside of the knee

Other Signs

- Pain improves with rest but returns with activity
- Sometimes felt as ‘tightness’ along the thigh

How can physiotherapy help?

Most people recover well with conservative physiotherapy treatment.

Physiotherapy treatment may include:

- Hip and glute strengthening
- Movement retraining
- Flexibility work
- Manual therapies
- Soft tissue releases
- Running or cycling technique assessment and advice
- Load management planning
- Activity modification
- Self-management strategies

Resting alone is rarely enough. Correcting strength and mechanics is essential.

Our experienced physiotherapists will complete a thorough assessment of your injury and mechanics to create a personalised rehabilitation plan. Get back to doing what you love sooner. Contact our clinic today to schedule your appointment.