



## What to do about Patellofemoral Pain

There is a delicate game of tug-o-war happening in your knee right now with all the different muscles that act on the knee. If the teams are tied (all muscles are balanced equally), you'll be feeling pretty good. However, if some muscles get stronger, or some are weaker, this can result in imbalances of force through the kneecap. To bend and straighten properly, your kneecap must slide perfectly along its groove. If it is not tracking properly, then you might get pain in the kneecap with stairs, running, jumping, or walking or standing after you've been sitting for a while.

Often, these knee problems don't even start from the knee itself and originate with imbalances in the ankles and/or hips. So how do you fix it?!

Identify and eliminate (or greatly reduce) the aggravating activity! This will allow your knee a chance to heal properly. Ice can help in this stage if there is some inflammation. Stretch and foam roll your calves, hip flexors, IT Band, quadriceps, and sometimes hamstrings.

Strengthen! (When not painful to do so). This will be your glutes (side and back of the hips), inner quads, and sometimes your feet and core. Start light and gradually increase the intensity. Gradually return to your activities with your new knowledge and balanced movements.