



## Physiotherapy reduces patellofemoral pain

Patellofemoral pain is a common musculoskeletal complaint, affecting between 10-20 per cent of the general population. It is the single most common diagnosis in sports medicine and sports physiotherapy practices. If left untreated, symptoms often get progressively worse. Early diagnosis and treatment may result in a quicker recovery, and less pain.

A systematic review of randomised control trials to determine the most effective treatment provides high-level evidence supporting the role of physiotherapy as the mainstay of treatment for patellofemoral pain.



Physiotherapy interventions attempt to restore the biomechanics of the patellofemoral joint by strengthening the quadriceps – specifically the vastus medialis obliquus – and the hips. Studies support the inclusion of quadriceps exercise, which can reduce knee pain and may improve activity.

Therapeutic exercise and strengthening treatment are frequently combined with procedures to adjust the patella (tape, brace, mobilisation and stretching), and with patients modifying their activity. Combining an exercise component (including vasti retraining and hip muscle training) with patella adjustment procedures is recommended as the most effective approach, which has gained widespread acceptance in Australia and increasingly internationally.

The physiotherapists in our practice integrate clinical expertise with evidence-based research, in the assessment and management of movement disorders.

Physiotherapy reduces patellofemoral pain. Let our highly skilled professionals help your patients with patellofemoral pain, with techniques to control pain, increase flexibility and mobility, and improve muscle strength.

***To enhance recovery and help prevent further injuries, we can advise your patients and design a tailored exercise program to improve the strength of the knee and leg muscles, and maintain good general fitness.***



*Recent research confirms the benefits of physiotherapy in the management of patellofemoral pain syndrome, with interventions to reduce pain and improve physical function.*

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### References

Australian Physiotherapy Association (2006). Evidence-based clinical statement: Therapeutic exercise in physiotherapy.  
Crossley, Kay (2005). Evidence-based clinical statement: Physiotherapy treatments for patellofemoral pain. Australian Physiotherapy Association.