

# Lakeview Community Wellness Center

## Orthopaedic Connection

### Patello-femoral Pain

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Orthopaedic Surgeon

#### *Transforming patient information into patient understanding.*

Patello-femoral pain is a general term that doctors use to describe symptoms in the front of the knee. The kneecap (patella) sits on the front of the thigh bone (femur) so it's called patello-femoral.

There are several common causes for pain in the front of the knee.

- Chondromalacia
- Trauma to the knee over time
- Patella malalignment
- Patella compression due to weight lifting
- Osteoarthritis

#### **Chondromalacia**

This has been described in other articles, but to review, it refers to a softening or fissuring of the articular tissue in a joint, in this case the kneecap. Roughening of the surface (which is normally incredibly smooth) causes a scraping which can be felt and even heard. It's especially noted rising from a chair or climbing stairs.

Chondromalacia is a forerunner of osteoarthritis. It affects women more than men and is often present in both knees.

#### **Symptoms**

- Pain in area of kneecap
- Worse after prolonged sitting
- Painful to climb stairs
- Worse with squatting or jumping
- Buckling of the knee
- Sticking sensation of the patella
- Often present in both knees

#### **Other Possible Causes**

- Torn cartilage (meniscus)
- Patella tendon inflammation
- Quadriceps tendon inflammation

#### **Treatment**

As always I have to pinpoint the diagnosis first.

- Thigh muscle (quadriceps strengthening is essential)
- Avoid kneeling or squatting
- Wear a knee sleeve that I can prescribe
- Maybe Glucosamine/Chondroitin if I feel it can help in your case
- Possibly a steroid (cortisone) injection

- Motrin or similar anti-inflammatory
- Arthroscopic surgery sometimes

Patello-femoral pain is among the most common conditions I see in the office and can be one of the hardest to treat.

Since there can be other causes than Chondromalacia, proper treatment depends on arriving at the correct diagnosis.

Our goal is quality, highest standards and best outcomes.

Please remember that anyone can make an appointment to see Dr. Haverbush at his office in Alma, at 315 Warwick Dr., across from Gratiot Medical Center. Call 989-463-6092 to make an appointment.

And don't forget every article I have written for Lakeview Area News is on my Website, [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Check it out. I specialize in you.

Be well.

Dr. Haverbush