

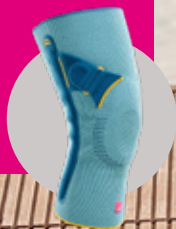


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Guide

## Patellofemoral pain syndrome

Information brochure with  
exercises to accompany therapy



medi. I feel better.



# Patellofemoral pain syndrome (PFPS) – the facts

The knee has a highly complex structure, and knee problems can therefore have a number of different causes. Patellofemoral pain syndrome is the name given to pain around the kneecap joint (patellofemoral joint) – this pain is either behind, next to or beneath the kneecap. It is therefore commonly referred to as “frontal knee pain”.

## **These patients are predominantly affected**

Patellofemoral pain syndrome is most prevalent among young women. This is because during development the muscle and bones very frequently do not grow at the same rate. Moreover, the increased prevalence of misalignment (e.g. knock knees), hormonal aspects and a reduction in physical activity also play roles.

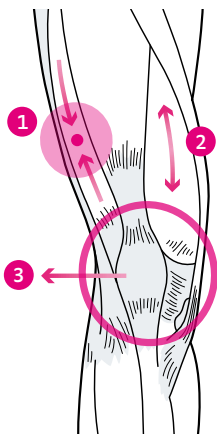
## **Symptoms – what causes them to appear**

This knee pain is predominantly noticeable when climbing stairs, after long periods of sitting or during sporting activities.

# Causes – what triggers PFPS

The causes of frontal knee pain are many and varied. A muscular imbalance in the thigh muscles often plays a large role.

Other possible causes of knee pain are abnormalities or misalignment of the kneecap, accidents, injuries or too much stress on the joint.



## Starting point

Muscular imbalance in the thigh muscles:  
a weakened inner section of the  
thigh musculature ①, tension in the outer section  
of the thigh musculature,

**Formation of a so-called trigger point  
(painful hardening of muscle tissue) ②**

If the outer thigh muscle pulls  
on the kneecap with greater force than the inner muscle,  
the kneecap will no longer move in  
its optimal position.

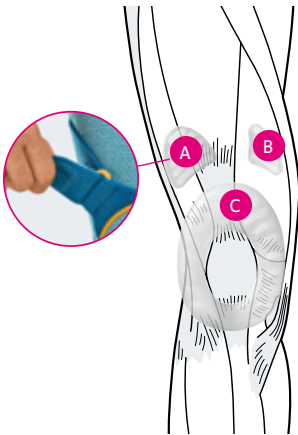
**Shifting of the kneecap in an outward direction ③**

**Patellofemoral pain syndrome**

# Therapy – effective support

Therapy for patellofemoral pain syndrome is primarily carried out using conservative approaches, i.e. non-surgical methods.

Orthoses, for example the Genumedi PT, have proven to be effective. It can stabilise the knee joint and improve the range of motion in the kneecap, and so counteract patellofemoral pain syndrome.



## Restoration of the muscular equilibrium

**A** Reduction of the tension in the outer section of the thigh musculature and activating specific trigger points using a belt to adjust the pressure applied to your liking.

**B** Activation of the weakened muscle sections

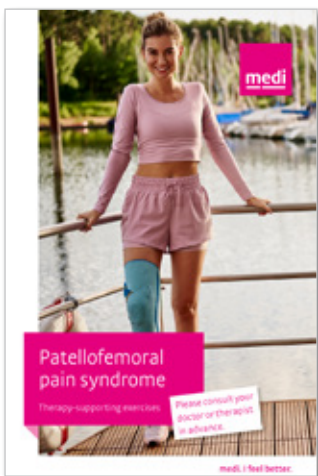
**C** Stable range of motion in the kneecap

Treating the causes  
+ reducing pain



## Focussed training in Patellofemoral pain syndrome

Exercises to complement therapy are an effective addition to treatments. The aim of the exercises is to strengthen the muscles and tendons so that they are more capable of supporting the kneecap's range of motion.



### Your personal activity poster

This folding poster contains your personalised training programme for use at home. You can find videos for the exercises online at:  
[medi.biz/PT](https://medi.biz/PT)



Scan the QR code for further information on how to use the product or use the URL:  
[medi.biz/gen-pt-handling](https://medi.biz/gen-pt-handling)



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