

## Patellofemoral Stress Syndrome (PFSS)

### What is PFSS?

PFSS is generalized pain around the kneecap that is activity related. This is a very common injury that occurs from overuse of the knee with sports activities.

### How does it occur?

The definitive cause of PFSS is not always identifiable. This condition can occur from repeated bending and straightening of the knee, which can irritate the kneecap and surrounding structures. This can also result from alignment problems in the hips, knees, and feet.

### Treatment

Initial treatment of PFSS is aimed at reducing pain and inflammation by applying P.R.I.C.E. (protect, rest, ice, compression, elevation). Physical therapy is usually the treatment of choice for PFSS. The physical therapy will give you specific exercises to help with stretching of the muscles around the knee and to strengthen the hip, knee, and foot.

### Prevention

1. Have shoes that are in good shape, fit properly, and provide adequate support.
2. Be aware of your alignment as you run, don't let the knees roll inward.
3. Daily stretching and strengthening.

### STRETCHES: HOLD FOR 30 SECS, 3-5 REPS

*Calf (Knee straight)*



*Hamstring*



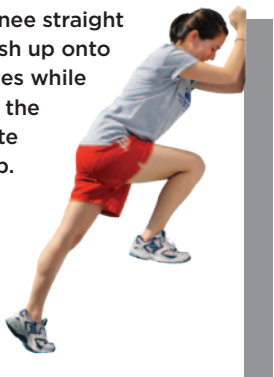
*Quadriceps*



### STRENGTHENING: 2-3 SETS OF 10-12 REPS

*Heel raises*

Keep knee straight and push up onto your toes while driving the opposite knee up.



*Single leg squats*

With one knee bent and the foot on the ground, push through the heel while keeping the hips level as they go up/down.



**Please call the Sports Medicine Center for Young Athletes with any questions:  
510-428-3558, option 3**

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