

Patellofemoral (knee) Pain

The following information is for adolescents (12+) and adults experiencing knee pain



Why do I get knee pain?

Many things can contribute to feeling pain, such as:

- Squatting
- Sitting for a long time
- Going up and down on stairs
- Jumping
- Running

Will my pain go away?

- Most people with knee pain get better with treatment
- Treatment can speed up recovery while reducing pain and improving function

What can I do?

To help speed up your recovery:

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Exercise therapy of the hip and knee and one or more of the following:
 - Foot orthoses
 - Patellar (kneecap) taping
 - Patellar mobilizations
 - Lower-limb stretching
 - Acupuncture

Contact your healthcare provider if you experience any of the following

- Sharp pain
- Persistent nagging ache
- Unexplained deformity, swelling, or redness of the skin
- Weakness not due to pain
- Fever/chills/feeling ill
- Pain at rest
- Inability to perform movements
- Sudden weight loss or loss of appetite