SUMMARY

1. **Anterior Knee Pain** is pain at the front of the knee, often developing from the repetitive motion of the knee cap moving up and down.

2. Treatment includes rest, ice, stretches and strengthening.

As from January 2006, everyone has the choice of where to receive their treatment and, if you wish, you can choose The Southampton University hospitals. We would be pleased to treat you promptly in a safe environment renowned for its clinical excellence.

This leaflet is intended for general information only. For individual advice please contact your doctor.

A general information leaflet to help your rehabilitation developed by:

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Examples of muscle imbalances include:

- Tight muscles at the back of the knee causing the thigh muscle at the front to work harder
- Weakness of the thigh muscle on the inside of the knee pulling the knee cap slightly out of the groove.

**What can I do?**

1. **Rest**
   Cut down on the time you spend doing activities that cause your knee pain. Avoid sports that involve a lot of running or jumping. Swimming can be a useful substitute.

2. **Ice**
   Ice the effected area for 10-15 minutes especially after activity. Make sure you protect the skin by wrapping the ice in a towel.

3. **Pain relief**
   Pain relieving medication may reduce pain and swelling but you need to discuss options with a pharmacist or GP.

4. **Gentle stretches of muscles**
   Hold the stretches for 30 seconds 3 times a day

**What is Anterior Knee Pain?**

Anterior knee pain is pain at the front of the knee which occurs gradually over time. It is not caused by injury.

Symptoms may include:

- An ache behind the knee cap when sitting for a long time or when doing sporting activity.
- Pain on squatting, kneeling and stairs
- Clicking and feeling of giving way.

**Why have I got Anterior Knee Pain?**

Anterior knee pain often develops from the repetitive motion of the knee cap going up and down in the groove of the knee. Muscle imbalances around the knee can cause the knee cap to be pulled slightly out of the groove. This causes soreness behind and around the knee cap and can cause pain in surrounding soft tissue.

**5. Strengthening Inner Thigh Muscle**

For the patella to move smoothly in the femoral groove you must maintain good alignment of your foot, knee and hip.

Practice activities such as:

1. Sitting to standing
2. Step ups (increasing height of step start low)
3. Mini dips on one leg for 5 minutes a day in this order of progression. Take care to keep your feet facing forward, your knees inline with your 2nd toe and your hips over your knee. Do these activities as slow as you can. Exercises should never be painful.