

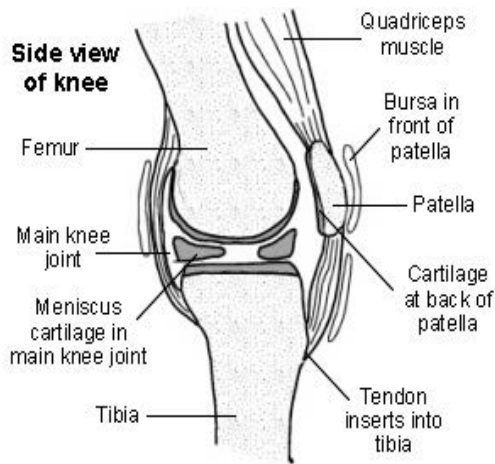
# Fisher-Titus Medical Center

# SPORTS INJURY GUIDELINES

“The Winning Team for Your Athletic Care Needs”

## Anterior Knee Pain

Knee pain is one of the most common symptoms experienced by sports participants and accounts for up to 50% of overuse injuries. This syndrome is caused by irritation of the undersurface of the patella (kneecap).



A common symptom is vague pain around or behind the knee cap and is made worse with certain activities such as climbing stairs or sitting for long periods. Grinding or popping can also be felt. The cause of patellofemoral pain syndrome may be multifactorial and may include overuse/overload, biomechanical problems and most commonly muscular dysfunction.

### Treatment Options

1. Avoid strenuous activity until the pain eases; opt for a low impact activity.
2. Ice for pain relief for 15-20 minutes as needed
3. Proper footwear for your activity level
4. Neoprene sleeve for compression and support
5. Lower body strengthening and stretching

A strengthening program should start out relatively easy and increase as the pain decreases. Be careful to not get overzealous on day one. You can always add to a program, but it is extremely difficult to undo overreaching in a short amount of time.

Day	Sets	Reps
1	1	10
2	2	10
3	2	10
4+	3	10

**Let pain be your guide**

### Recovery Outlook

With proper treatment and modifications, the recovery outlook is good. The typical recovery time varies with each individual but do not get discouraged.

## Strengthening/Stretching Exercises

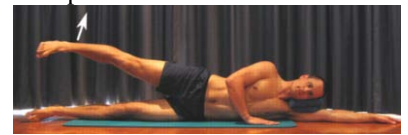
### 1. Hip Extension



### 2. Adductor Squeeze



### 3. Hip Abduction



### 4. Straight Leg Raise



### 5. IT Band Stretch



### 6. Quadriceps Stretch



### 7. Hamstring Stretch



### 8. Calf Stretch

