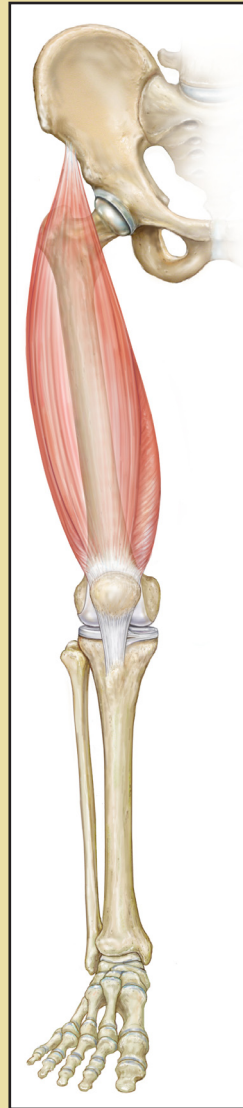
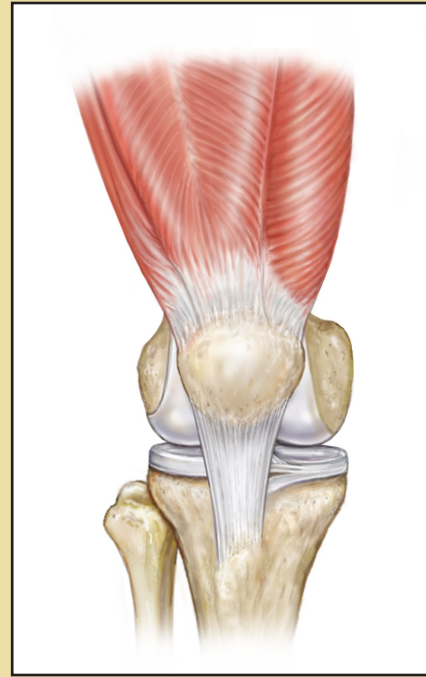
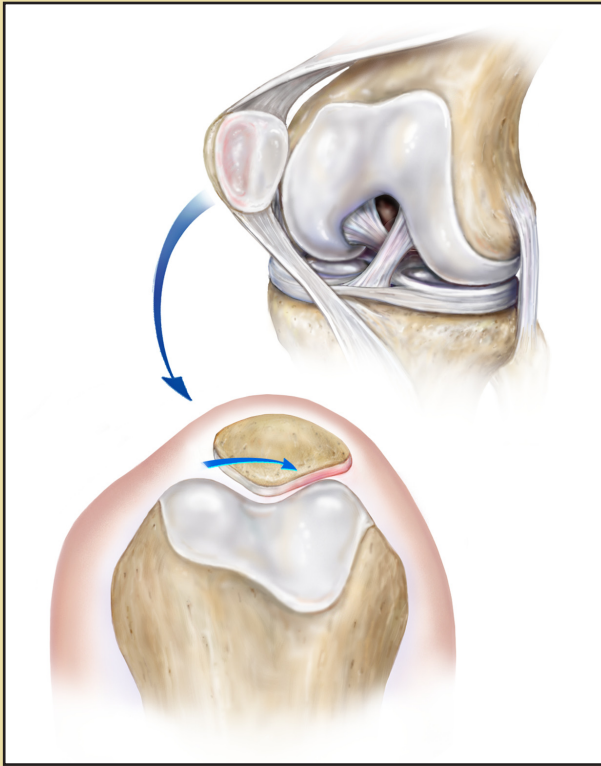


Understanding Runner's Knee

What is Runner's Knee?

Runner's knee is the result of abnormal tracking of the patella in the femoral groove. This malalignment of the patella results in increased irritation and sometimes wearing of this portion of the kneecap. Activities that require repetitive bending of the knee may exacerbate this malalignment and result in painful irritation and rubbing.



How does it happen?

Several factors may contribute to this condition including unbalanced quad strength, poor core stability, a lack of gluteal strength, an increased Q-angle, genetic predisposition and repetitive activities.

Symptoms

Symptoms of Runner's Knee include, but are not limited to, knee pain aggravated by certain activities, clicking or popping under the knee cap and/or swelling.

CLINIC LOCATIONS

Columbia Heights
Eagan
Forest Lake
Downtown St. Paul
Hastings
Maplewood
Vadnais Heights
Woodbury - Allina
Woodwinds
Health Campus

CONTACT INFORMATION

Main Line
(651) 842-5200

Appointment Line
(651) 842-5201

Online at:
summitortho.com



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Diagnosis

The symptoms of Runner's Knee can mimic other conditions and a thorough physical examination is necessary to determine the cause of your symptoms. X-rays are useful in viewing the bony anatomy of the knee and can help confirm or eliminate this diagnosis. Your doctor may recommend an MRI (magnetic resonance imaging) scan to see the soft tissues of the knee and formulate a treatment plan tailored to your needs.

Treatment

Depending on the underlying cause of your condition, your physician may recommend any of the follow treatments:

Anti-Inflammatory Medication: Oral anti-inflammatories may be effective at decreasing inflammation due to injury. However, some people suffer from side effects while taking them. Should you experience anything unusual while taking these medications, you should discontinue the medication and contact your doctor immediately to determine if continued use is appropriate.

Braces: Your physician may prescribe a brace for you to wear during activity to provide support to the patella and help keep it in proper alignment when performing activities.

Physical Therapy: Your doctor may prescribe several sessions with a physical therapist to address the underlying cause of your condition. Developing and maintaining core and gluteal strength is essential proper running mechanics. Your physical therapist can show you exercises that will strengthen these muscle groups and apply modalities that can assist in the healing process.

Video Analysis: Video taping your running mechanics can help identify underlying biomechanical issues contributing to your condition including poor glute and core strength.

Activity Modification: If certain activities aggravate your condition, you may need to discontinue those for a period of time. Depending on the degree of wear and irritation this may be just as crucial as any medication or therapy regiment.

Together, you and your doctor will decide on the most appropriate treatment to provide you with maximum relief.

NOTES:



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