

PATELLOFEMORAL PAIN SYNDROME



WHO AND WHY?

YOUNG GIRLS ARE 2 TIMES MORE LIKELY TO HAVE SYMPTOMS THAN BOYS

IT WILL BE HARD TO RECALL AN INCIDENT THAT CAUSED YOUR KNEE PAIN AS IT IS USUALLY TRIGGERED BY A CHANGE IN LOAD OR ACTIVITY



HOW DO I STOP THE PAIN?

EXERCISE

EXERCISES THAT AIM TO STRENGTHEN AND CORRECT MUSCLE IMBALANCES AROUND THE KNEE AND HIP ARE PROVEN TO CORRECT ISSUES THAT CAUSE POOR KNEE ALIGNMENT THAT LEAD TO PAIN



TAPING

A POPULAR ADJUNCT TO EXERCISE IS TAPING YOUR KNEE CAP

THIS HELPS TO ALLEVIATE KNEE PAIN DURING EXERCISE SO YOU CAN STRENGTHEN THE INNER MUSCLES OF YOUR THIGH



ORTHOTICS

WHEN YOUR FOOT IS IN THE INCORRECT POSITION, IT CAN CAUSE YOUR KNEE AND HIP TO BE IN THE INCORRECT POSITIONS.

THE USE OF ORTHOTICS CAN HELP TO CORRECT THIS AND PROVIDE A BETTER OPPORTUNITY FOR YOUR MUSCLES TO WORK OPTIMALLY



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