



Denise Semple & associates Healthcare Clinic

Runner's Knee

One of the most common forms of knee pain is patellofemoral pain syndrome or Runners Knee. This is when pain occurs directly around or under the knee cap. Runner's Knee doesn't only affect runners. Activities such as walking, biking and jumping that involve repeated bending or high impact stress on one's knee, can also trigger Runner's Knee.

You may have runner's knee if you:

- Have pain under your knee cap when squatting, kneeling, or running
- Feel sharp or chronic pain while walking up or down stairs
- Feel sharp or chronic pain while walking downhill
- Have swelling behind or around your knee cap
- Hear a grinding or popping noise.

What Causes Runner's Knee?

The kneecap (Patella) is wrapped inside the Quadriceps tendon that connects the thigh muscles (Quadriceps) to the shin (Tibia). When the knee bends or straightens, the knee cap should glide along a groove on the thigh bone (Femur) called the Patellofemoral groove. When this does not occur properly, the under-surface of the knee cap begins to wear. This is called Patellofemoral maltracking. If allowed to continue, these stresses can cause damage to the cartilage on the knee cap and/or the femur.

This situation is similar to having the front tire of your car slightly out of alignment. Over time if left unchecked, this misalignment would lead to abnormal wear on your car.

Maltracking is one of the most common causes of knee pain and can be linked to:

- Muscle Tightness
- Joint stiffness
- Weakness or imbalance in muscles around your hip or knee
- Altered hip, knee or foot posture

What Are Your Options?

If you have symptoms of Runner's Knee, you should consult your doctor for an examination. S/He may order tests or x-rays as well as recommend physiotherapy treatments.

At Denise Semple & Associates Health Care Clinic, Gord Neufeld (Registered Physiotherapist*), can provide you with a treatment to alleviate your Runner's Knee and get you jumping (or running) for joy! Gord has been trained in the assessment and treatment of knee problems. For your first appointment Gord asks for a 1 hour. This will give him time to evaluate the way you walk or run. He will then devise a custom treatment plan for your particular knee situation. Gord's award winning treatments* incorporate an active combination of education, range of motion exercises and progression to strengthening activities. Gord also uses Traditional treatment techniques which include, elevation, ice, and muscle toning exercises. For certain conditions, acupuncture, tens or ultrasound may be offered as part of your treatment.

Acute or chronic knee pain responds well to Gord's therapeutic approach. Depending on the nature and extent of your injury, recovery may take anywhere from a couple of weeks to a few months.

To make an appointment please call 905 639 7113.

[Click here for our website and to book online](#)

*Gord Neufeld won Gold as Best Physiotherapist 2015 by Burlington Post Reader's Choice Awards