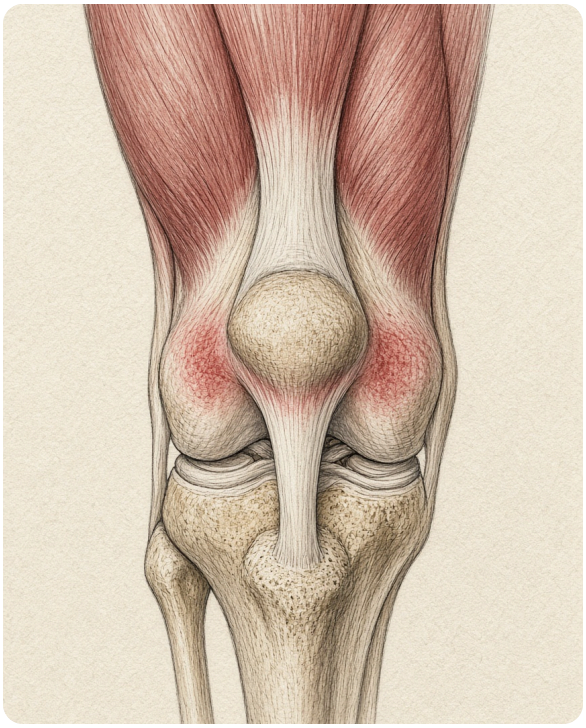
ARMIN PHYSIO



PATIENT GUIDE

Patellofemoral Pain Syndrome

Kneecap pain, grinding or noises? It could be **runner's knee.**

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What is patellofemoral pain syndrome?

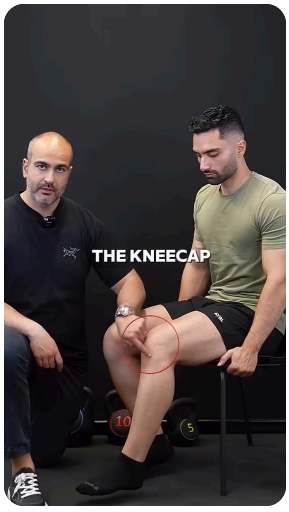
Patellofemoral pain syndrome (runner's knee) is when the kneecap doesn't track smoothly in its groove and rubs on the structures below it. It's often caused by imbalanced quad strength, or weak hip abductors that let the thigh bone turn inward. It gets better with a proper program: strengthen the quads, the hips, and the muscles that support the knee.

QUICK CHECK

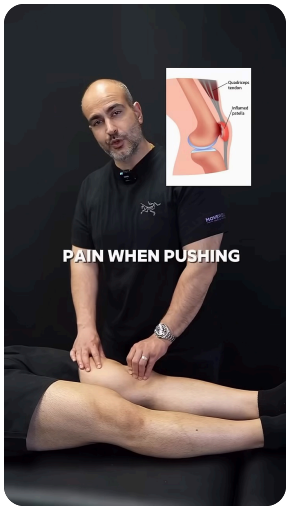
Does this sound like you?

- [ ] Pain **around or behind the kneecap**
- [ ] Pain after a few minutes of **walking, running or jogging**
- [ ] Pain when **pushing down** on the kneecap and moving it side to side
- [ ] **Grinding, clicking** or crunching noises
- [ ] Pain with **squats, stairs** or long sitting

If you ticked a few boxes, it could be patellofemoral pain. Try the 4 exercises on the next pages.



Pain around the kneecap



Pain pushing on the kneecap

YOUR 4 EXERCISES

Try these exercises

1 Single-leg mini squat + wall ball press

Strengthens the outside hip chain that keeps the knee lined up





1. Stand side-on to a wall with a **ball** between the wall and your **unaffected knee**. The leg that's hurting is on the outside.
2. **Do a little mini squat** on the sore leg, making sure the **knee is lined up with the toe**. Come right back up.
3. **Drive the unaffected knee into the ball**: press, press, press.
4. **Hold it 3, 2, 1** and relax. Repeat.

3 sets of 10, hold **3–5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Banded terminal knee extension

Trains the quads to fully straighten and control the knee





1. **Loop a band just above the knee** (anchored in front of you).
2. Start with the knee slightly bent. **Try to extend that knee** all the way, working on terminal knee extension.
3. Activate the quads at the end, then relax back.
4. Repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Standing banded knee push-out

Works the hip muscles that keep the knee on track





1. **Loop a band around your knees.**
2. **Have the affected knee bent** with the **foot against the wall**.
3. **Bring that leg right out**, then **go back in**.
4. Keep the standing leg steady, working the hips. Repeat.

3 sets of 10–15 reps, slow and controlled

Suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

4 Kettlebell shin raise (tibialis anterior)

Strengthens the shin muscle that helps support the knee for running



1. **Grab a weight** like a kettlebell and **put your foot through it**.
2. **Bring the leg up**, keeping a **neutral ankle, 90 degrees** like so.
3. Activate that shin muscle, then **slowly lower it** and come back up.
4. Armin: a lot of runners with knee pain neglect this muscle.

3 sets of 10, hold **5 s**

From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 15 MINUTES

Put it together

01	02	03	04
Hip	**Quads**	**Hip**	**Shin**
Mini squat + wall ball press, 3 × 10	Banded terminal knee extension, 3 × 10–15	Banded knee push-out, 3 × 10–15	Kettlebell shin raise, 3 × 10

3 × 10 with 3–5 s holds (ball press) and 3 × 10 with 5 s holds (shin raise) are from Armin's video descriptions; the other sets and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Sharp pain in the knee, or the knee **locks or gives way**
- Pain above about 4/10, or pain that keeps building as you go
- **More swelling**, or pain that's worse the next day

Keep the knee lined up with your toes in every squat. Cut back running distance while it settles (suggested).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg** or heard a **pop** with rapid swelling after an injury
- The knee is **locked** and you can't straighten it
- A **hot, red, swollen** knee with **fever** or feeling unwell
- **Calf pain, swelling or redness**, especially with shortness of breath
- **Numbness, tingling** or weakness in the leg or foot
- **Constant pain at night** or at rest that doesn't ease

Calf swelling with shortness of breath or chest pain needs **911**. If you can't bear weight after an injury, or have a hot swollen knee with fever, **go to the nearest emergency department**. For the others, see a doctor promptly. If your knee isn't improving after a few weeks, **book an assessment**.

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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