



Anterior Knee Pain

Podiatry Service

Anterior knee pain is pain at the front of the knee which occurs gradually over time and is not caused by an injury.

Symptoms may include

- An ache behind the knee cap when sitting for a long time or when doing sporting activity
- Pain when squatting, kneeling and walking up the stairs
- Clicking and feeling of giving way.

The causes

Anterior knee pain often develops from the repetitive motion of the knee cap going up and down in the groove of the knee

Tight muscles at the back of the knee cause the thigh muscle at the front to work harder

Muscle imbalances around the knee can cause the knee cap to be pulled slightly out of the groove.

This causes soreness behind and around the knee cap and can cause pain in surrounding soft tissue.



What to do

Rest

- Cut down on activities that cause your knee pain
- Avoid sports that involve a lot of running or jumping
- Swimming can be a useful substitute.

Ice

Put ice on the effected area for ten to 15 minutes especially after activity. Make sure you protect the skin by wrapping the ice in a towel.

Pain relief

Pain relieving medication may reduce pain and swelling but you need to discuss options with a pharmacist or GP.

Gentle stretches of muscles

Hold the stretches for 30 seconds three times a day.

- Quadriceps (front of leg)



- Calf (back of leg)



- Hamstring (back of leg)



Podiatry Service

☎ Telephone 0300 0032 144

✉ Email: acecic.communitygateway.nhs.uk

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Strengthening inner thigh

For the patella to move smoothly in the femoral groove you must keep a good alignment of your foot, knee and hip.

Do each of these for five minutes a day:

- Sitting to standing
- Step ups (start low and increase the height of the step)

Do these activities as slowly as you can. Exercises should never be painful.

- Take care to keep your feet facing forward
- Your knees inline with your second toe
- Your hips over your knee.