

What does physiotherapy involve?

Physiotherapy using the McConnell Programme may include the following elements depending on the assessment findings.

1. Taping the knee cap to reduce load and pain
2. Stretches to lengthen any tight muscles
3. Exercises to help retrain muscles to work more efficiently
4. Exercises to strengthen any weak muscles
5. Retrain walking patterns
6. Retrain stair walking
7. Foot orthoses for flat or over-pronated feet



Mouldable orthotics for the feet

The Practice also provides:

- Musculoskeletal and Sports injury management
- Post surgery rehabilitation
- Strapping
- Casting and splinting
- Orthotic prescription
- Exercise prescription
- Pilates
- Massage therapy
- Supply of braces and crutches



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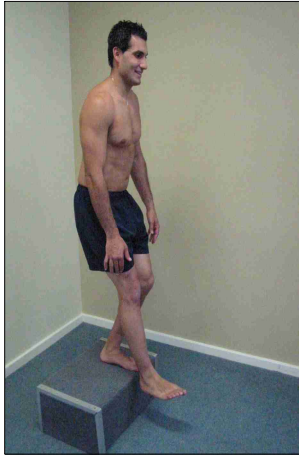
ANTERIOR KNEE PAIN



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Anterior Knee Pain

What is Anterior Knee Pain?



Anterior knee pain, or Patellofemoral pain, is a common musculoskeletal condition affecting the joint between the kneecap (patella) and the thigh bone (femur). It affects up to 25% of the population and is more common in females.

What causes Anterior Knee Pain?

There are usually several factors involved which result in Anterior Knee Pain. Some of these factors may include:

- Tight hamstring muscles
- Weak quadriceps muscles
- Weak buttock muscles
- Tightness on the outside of the thighs
- Knock knees
- Flat feet
- Previous trauma to the kneecap
- Osteoarthritis

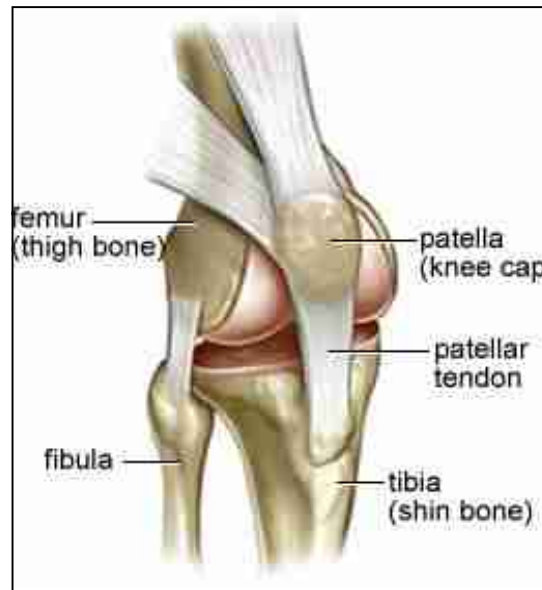
What are the signs and symptoms?

Anterior knee pain is characterised by pain at or around the knee cap and front of the knee. Pain can be either sharp or diffuse.

Pain is usually associated with 2 or more of the following:

- Walking up or down stairs
- Prolonged sitting
- Squatting
- Kneeling
- Walking
- Running

There may be associated crepitus, or crunching, felt behind the kneecap on movement.



Can physiotherapy help?

Physiotherapists are skilled in assessing what factors are contributing to an individual's Anterior Knee Pain.

Treatment is based on identifying the causes and changing the loads on the knee aiming to reduce the symptoms.

The mainstay for physiotherapy management in Australia is the McConnell Programme which has received international recognition for Anterior Knee Pain management.