

DR. AMIT MEENA

MBBS, MS (Ortho), DNB (Ortho), MNAMS
Consultant-Joint Replacement & Arthroscopy
Fellowship in Arthroplasty & Arthroscopy
(Italy, Austria, Canada)

+91-8467 920 426
ameena@uwo.ca
www.kneecares.com

FORMERLY AT

- Safdarjung Hospital, New Delhi
- AllMS, New Delhi
- The Rizzoli Orthopaedics Institute, Italy
- GELENKPUNKT FIFA Medical Centre of Excellence, Austria
- Western University, London, Ontario, Canada

Runner's Knee

Runner's knee (more commonly known by doctors as patellofemoral pain syndrome) is a type of patellofemoral disorder.

The knee joint is formed from three bones that are connected by tendons and ligaments: the femur (thighbone), the tibia (shinbone), and the patella (kneecap). Runner's knee is pain in the area where the patella and femur meet. It is often caused by overuse of the knee. In some cases, the pain may be due *chondromalacia patellae*, which is degeneration of cartilage inside the knee joint.

Although this condition is often noticed while doing rigorous activities such as running or jumping, a person may also experience pain while squatting, walking upstairs, or even when sitting for long periods of time. Runner's knee can usually be treated without surgery, often with a combination of rest and anti-inflammatory medications.

