

Patellar Compression Syndrome

Patella Compression Syndrome (PCS) is a condition when the patella (kneecap) doesn't ride smoothly in the patellar groove. In the normal knee the quadriceps (thigh) muscles pull the kneecap up and to the outside, but with PCS the kneecap is pulled too far to the outside, therefore the kneecap is no longer centered in the patellar groove. This causes abnormal stress on the knee which can cause pain, swelling, and or a feeling of grating.

The ISOMETRIC exercises prescribed will help strengthen the muscles on the inside part of the thigh. Stronger muscles on this side of the thigh will help keep the patella centered in the groove.

Squatting, kneeling, hill climbing; going up and down stairs should be minimized since these activities cause a great amount of stress on the knee. Also running, downhill skiing, racquetball, and basketball are activities that should be avoided until you are lifting 70% of your goal weight.

Activities such as walking, cross country skiing, swimming with the flutter kick, biking with the seat raised can all be done as long as they don't cause pain.

The strengthening exercises should be done two times daily, 20 repetitions.

Start with a _____ weight gradually increases the weight by a half pound every 2 to 3 days until you can lift _____ pounds. When this has been accomplished, doing the exercises three to four times a week once a day should be sufficient to maintain muscle strength.

Stretches should be done one to two times daily depending on how tight you are.

If these exercises do not correct the problem, then surgery might be needed.