Patellofemoral Arthralgia
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Patellofemoral Arthralgia

- Patellofemoral pain syndrome is a descriptive term applied to patients with nonspecific anterior knee pain, and is the most common knee problem.
Anterior Knee Pain

- The pain in most patellofemoral disorders is generalized to the anterior part of the knee.
One important concept in patellofemoral joint function is the quadriceps angle (Q-angle).
Q Angle

- An invaluable parameter for evaluation of anterior knee pain.
Patellar Tracking

- Theoretically, a higher Q-angle increases the lateral pull of the quadriceps femoris muscle on the patella and potentiates patellofemoral disorders.
CONCLUSION

- These results substantiate the fact that patients with anterior knee pain have larger Q-angles than healthy individuals.

Normal Measurement

Men 11 to 17 degrees
Women 14 to 20 degrees
(due to gynecoid pelvis)
Causes of Increased Q Angle

- Genu valgum
- Excessive femoral anteversion
- Medial tibial torsion
- Laterally positioned tibial tuberosity

Genu valgum  Normal  Genu varum
Causes of Increased Q Angle

- Tight lateral retinaculum
- Weakness of vastus medialis oblique
- High riding patella (patella alta)
Therapeutics

- Reduce pain
Therapeutics

- Reduce edema
Myofascial treatment for trigger points and contractures
Therapeutics

- Balance pedal foundation
- Improve posture
Therapeutics

- Chiropractic manipulation to correct joint dysfunction
Risks of Increased Q Angle

- Patellar subluxation or dislocation