

ANTERIOR KNEE PAIN IN MIDDLE AGED PATIENTS

Essay

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَقُلْ رَبِّ
زِدْنِي عِلْمًا

صَدَقَ اللَّهُ الْعَظِيمُ



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Abstract

The cornerstone of successful management of patellofemoral disorders is accurate diagnosis. Because the patella transmits tensile forces from the knee extensors to the tibia, the patellofemoral joint can sustain very large loads (3 to 4 times body weight with stair walking; 7 to 8 times body weight with squatting). In managing these patients a clinician must consider extremity alignment, soft tissue mobility, and dynamic control, as well as articular surface congruity.

Key word

OKC, PVNS, KNEE, Biomechanics, Anterior.

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