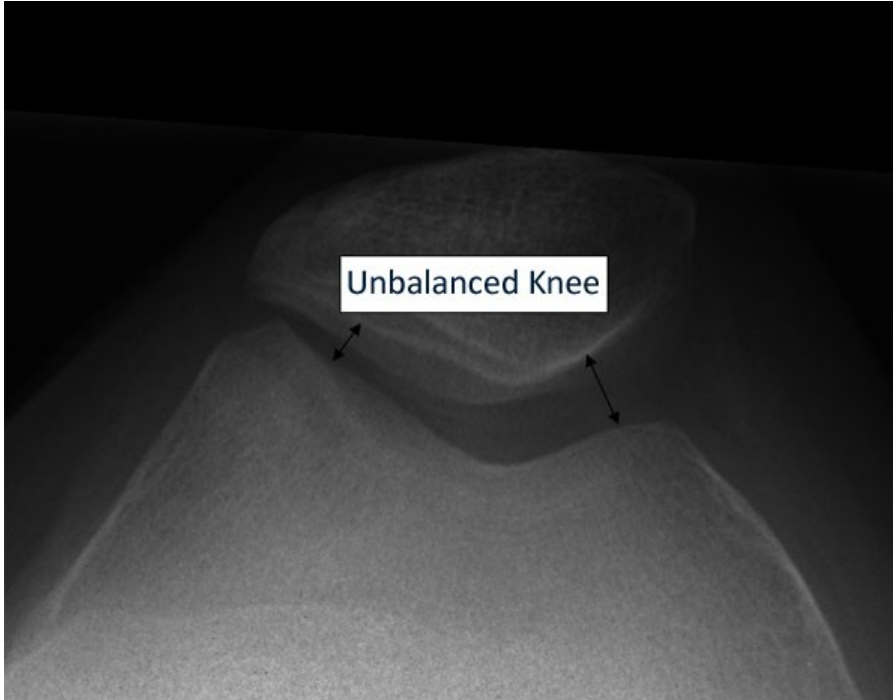


Anterior Knee Pain (AKP)

What is Anterior Knee Pain?

This is when you feel pain coming from the front of your knee, usually caused by a problem at the back of your Knee Cap (Patella)

The pain usually gets worse during exercise or when climbing stairs.



What is the cause?

There are many possible causes of Anterior Knee pain such as

- Overuse.
- Underuse.
- Imbalance of the knee muscles.
- Mal-alignment of the leg.
- Arthritis in the back of the Knee Cap (Patella).

Mr Raj will carry out an examination of your knee, he will also ask you to describe the pain and during what types of activities the pain increases.

Once he has made a thorough assessment he will be able to provide you with his opinion as to the cause of the pain.

Investigations

X-rays of the knee are usually required.

During the consultation Mr Raj will examine your knee and if he feels it is necessary he will request a MRI scan (Magnetic Resonance Imaging Scan) is carried out.

Options

This depends upon the diagnosis that Mr Raj makes.

It may involve:

- Rest (e.g. for pain due to overuse)
- Exercises (e.g. for pain due to muscular imbalance)
- Injections (e.g. to settle acute inflammation)
- Operations (e.g. to release tight structures that are tethering the Knee Cap – Patella)

[Runner's Knee \(Patellofemoral Pain\) - Your Orthopaedic Connection - AAOS](#)