

Patellofemoral syndrome (Runner 's knee)

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Introduction : Pain around the kneecap is often a sign of overuse. In other words, the knee might have been exposed to too much or too frequent strain without being able to adapt to it fast enough. This is particularly common when doing sports such as jogging, mountaineering, intensive cycling and the condition is often

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Reference :

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Biography

Mostafa Elshikh currently working as senior physiotherapist at Salamatak Medical Complex, Saudi Arabia.

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