

Disability among Patients with Patellofemoral Pain Syndrome and Instability among Patients with Anterior Knee Pain

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Objective

This study will determine the proportion of Patellofemoral pain with malalignment and without malalignment and instability among patients with anterior knee pain.

Literature review

A study has been done to determine the reason of patellofemoral pain progression which concluded that patellar malalignment is associated with PFP progression [2].

A study was done in which 50 patients (22 males, 28 females) with isolated patellofemoral disease were taken to determine the Prevalence and clinical significance of chondromalacia which showed that a small percentage of patients with anterior knee pain have chondromalacia isolated to the anterior margin of the lateral femoral condyle [3].

A study was done to

Discussion

A case series study was done to determine the patellofemoral pain with malalignment without malalignment, instability in anterior knee pain among 200 hospitals in Lahore and Multan. We assumed that the anterior knee pain were mostly due to without malalignment problem rather than malalignment problems. We noted that patellofemoral pain was not due to malalignment problem in anterior knee pain. Ykjala score I have found through my study is in the range of 85 which concluded that patellofemoral pain was due to some other causes not due to malalignment problem was like another study by (Erkocak, Altan et al.) which concluded that rotational deformities and alignment problems were not cause of anterior knee pain but would lead to anterior knee pain [22]. This study also showed that pain due to compression in patellofemoral joint not due to malalignment or trauma. Y

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