

Your diagnosis

Your management plan

Contact us

If you have any questions, call the Therapies referral management centre on **020 7188 7612 (Mon – Fri 9am-3.45pm)**

Orthopaedic Clinic, Ground floor
Southwark Wing, Guy's Hospital

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit
www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.
t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints)
e: complaints2@gstt.nhs.uk

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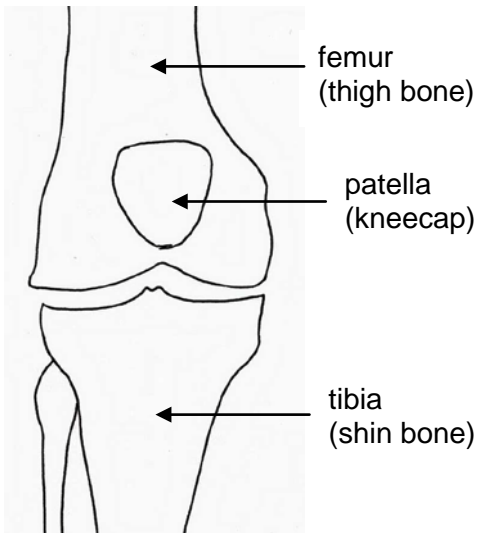
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Anterior knee pain

This leaflet explains what anterior knee pain is and the treatment you may need.

What is anterior knee pain?

Anterior knee pain (AKP) is an ache or pain in and around the front of your knee. It is usually due to a problem with how your kneecap (known as the patella) moves up and down when you bend and straighten your leg.



What are the symptoms of AKP?

Symptoms vary from a dull ache, to sharp twinges in the front part of your knee. You might also notice an occasional locking sensation and pain. The pain may be worse going up and down stairs or when you sit for a long time (often called cinema-goers knee).

Your knee may painfully give way, especially when walking down stairs and it may make a grating/creaking sound.

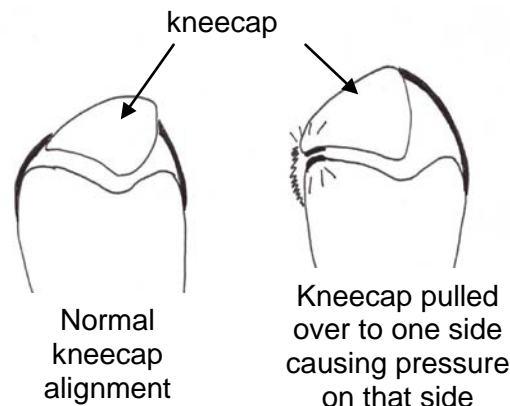
Occasionally you may have some swelling around your knee.

What causes AKP?

AKP can be because of an injury, but can also be due to faulty posture/movement of your lower leg.

When your physiotherapist is examining you they may look for:

- poor body posture.
- difficulty standing on one leg - poor muscle control around your hip may lead to your leg feeling unsteady.
- your knee may move inwards when you squat down or as your knee bends going down stairs.
- tight leg muscles such as hamstrings and quadriceps, ilio-tibial band (ITB) or calf muscles.
- flat feet.
- poor muscle control around your knee, particularly the vastus medialis obliquus (muscle on the inside of your thigh), which controls the movement of your kneecap.



Why does it develop?

Your kneecap is kept in its correct position by various muscles and ligaments around it. If you have an imbalance in these muscles, they can alter the movement of your kneecap in the groove of your thigh bone. It may take several months or years for symptoms to occur.

What treatment is available?

The best management for AKP is physical management. Your specialist will be able to give you advice. You may be referred for:

Physiotherapy, which consists of exercises to strengthen your muscles and increase your flexibility and balance. If needed, taping/strapping can help with your muscle imbalance.

Podiatry to assess how you're the position of your feet may be contributing to your knee pain and if necessary provide insoles for your shoes to help this.

Surgery (arthroscopy). Research has shown that surgery is usually not effective in people with AKP. It may be considered if physical management does not help with your pain.