

“

MUSCLES (DYNAMIC  
STABILIZERS) AND  
LIGAMENTS (STATIC  
STABILIZERS) PROVIDE  
THE MAIN SOURCE OF  
STABILITY IN THE  
KNEE

”

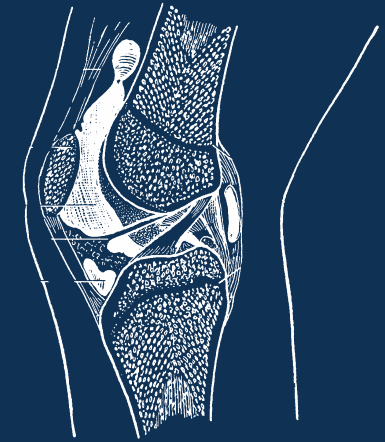


## Contact us

**Come in and see us for your  
patellar instability!**

Pursuit of Motion Physiotherapy  
#202, 13613 163 St. NW  
Edmonton, AB T5V 0B5

Phone: 780-448-4991  
Fax: 780-448-4985  
info@pursuitofmotion.com  
www.pursuitofmotion.com



## Patellar Instability

Patellar instability occurs when the kneecap (patella) moves out of place in the groove of the femur (thigh bone). An unstable kneecap can lead to a knee dislocation if left untreated, so an early rehab intervention is key!

# ABOUT PATELLAR INSTABILITY

## HISTORY

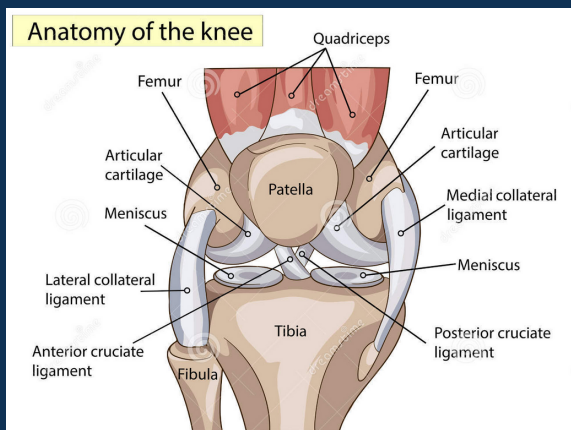
Patella instability has several different reasons why it can occur. Causes of patellar instability include:

- Direct trauma to the knee
- Previous knee injuries
- Looseness of surrounding ligaments
- Muscular strength insufficiencies/imbbalances
- Anatomical differences in knee formation
- Knocked knees

## SIGNS & SYMPTOMS

- Knee pain, stiffness and/or swelling
- Cracking or popping, particularly when flexing the knee
- Buckling, catching, or locking sensation of the knee
- Noticeable deformity in affected knee

## ANATOMY



## 1) Pain Management

A great exercise/management technique is **terminal knee extension**. Roll up a towel and place it underneath the knee. Gently press down into the towel with the leg extended, while focusing on engaging the quadriceps muscles. Perform 3 sets of 7 repetitions on each leg.



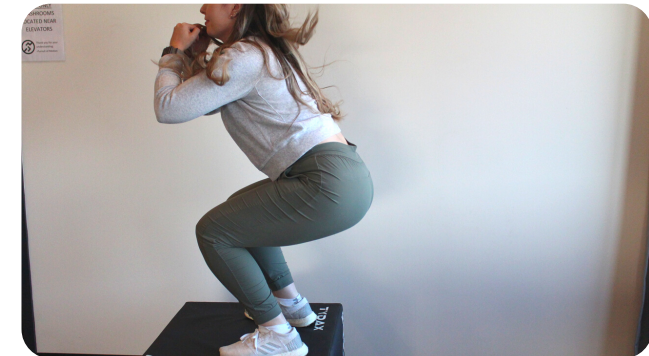
## 2) Mobility

A great place to start with mobility is an exercise called **active assisted knee flexion**. Wrap a towel around the front of the ankle while bending the knee. Gently pull on each end of the towel to assist the knee into flexion as far as is comfortable. Perform 3 sets of 7 repetitions on each leg.



## 3) Strength

Once pain has decreased and mobility has increased, you can begin strengthening exercises. **Wall squats** with a ball between the knees strengthens key muscles surrounding the knee joint, particularly the quadriceps muscles, while cuing proper tracking of the patella. When comfortable, you can perform this exercise away from the wall. Perform 3 sets of 8-10 repetitions.



## 4) Functional/Sport

At this point, you should have minimal to no pain, full range of motion, and full strength. This is where you can return to higher impact activities such as **box jumps**. Begin in a slight squat, use the arms to propel your body upwards, and land as softly as possible with your knees bent. Start at a low height and slowly work your way up. Perform 3 sets of 5 repetitions.

