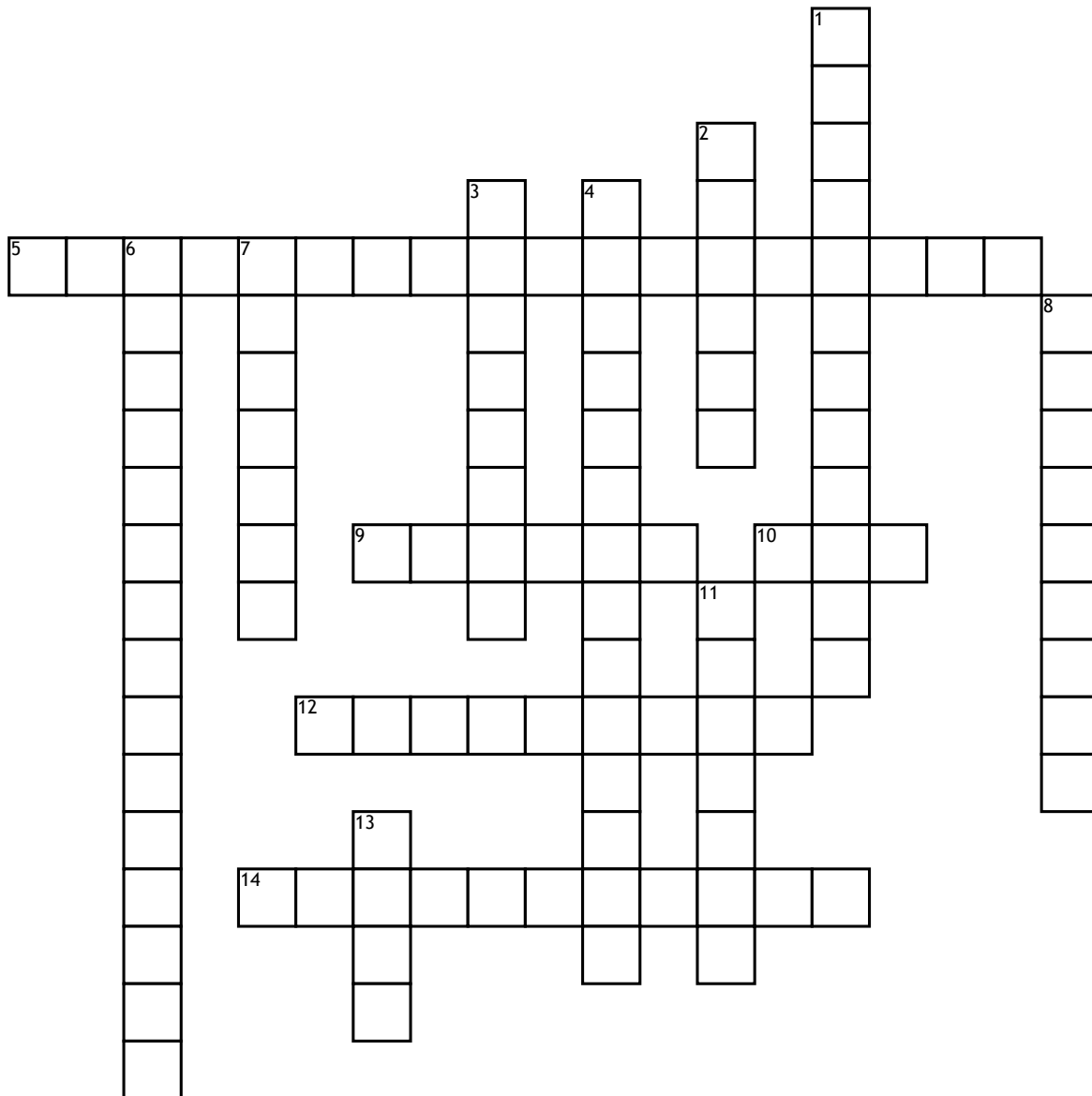


# Patellofemoral Syndrome



## Across

5. Softening and breakdown of the \_\_\_\_\_ leads to inflammation in the synovium, causing pain in the underlying bone
9. More women affected due to \_\_\_\_\_
10. How many weeks can it take to recover from non operative measures to relieve patellofemoral syndrome
12. Patients may hear this when going up stairs
14. Another name for patellofemoral syndrome

## Down

1. Exercises for Patellofemoral syndrome
2. Located below the kneecap and acts as a shock absorber
3. Abnormal \_\_\_\_\_ of the patella in the trochlear groove can cause the patella is pushed out to one side of the groove when the knee is bent, irritating soft tissues
4. How you surgically fix a tight retinaculum

6. Where the patella rests, moving back and forth inside this structure as you bend and straighten the knee
7. Patellofemoral syndrome is a \_\_\_\_\_ type of injury
8. What treatment would doctors recommend for those with pes planus AND patellofemoral syndrome
11. Lauren, and many others, sustained this injury from repetitive stress from what sport
13. There is typically pain around the \_\_\_\_\_ in patellofemoral syndrome