

Title:

All a dancer needs to know about patellofemoral knee pain.

Word Count:

419

Summary:

: Pain under the kneecap is a common issue in the dance population. It may often be caused by

Keywords:

Knee pain, patella tracking, growing pains, Ballet, Dance, Lisa Howell, VMO, Vastus Medialis O

Article Body:

Weak knees and pain underneath the knee cap is common in dancers. This kind of pain can often

There are several possible reasons for this. One is the classic rolling in of the feet and kne

This muscle is on the inner part of the quads group, and is the only part that can pull the k

So how can you tell if it is working properly?

- Sit on the floor with the legs extended. If you can't sit comfortably like this, then
- Put your finger tips on your leg 5cm (2 inches) up from your knee cap and in towards t
- Slowly straighten you knee completely, and see if you can feel the muscle tighten unde
- Test both legs to see if there is a difference, especially if you have one knee that i

This muscle can stop working when there is pain in the knee, even if you have just bumped it,

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