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Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

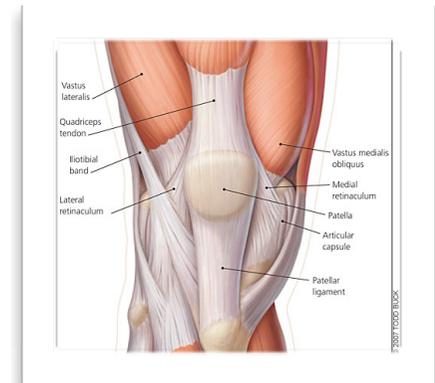
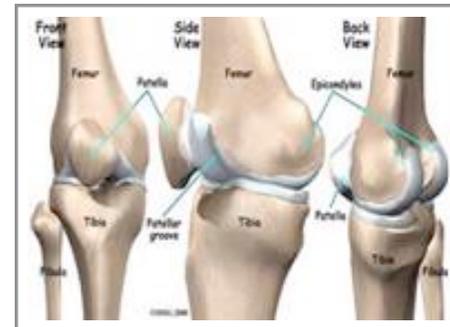
Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the sight of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minuets, then every 3-4 hours at 5 - 10 minuets duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.

Exercises for patellofemoral pain syndrome

About your injury;

Patellofemoral pain syndrome is a condition that affects the knee cap (the patella) and the structures which support the knee. Pain is caused because the patella no longer tracks correctly up and down the grooves, which places greater strain on the supporting structures and the joint surfaces. The mal-tracking of the patella can be caused by a number of factors - such as lower limb alignment during movement, weakness of quadriceps and lack of flexibility within the leg muscles.



Warm up and warm downs;

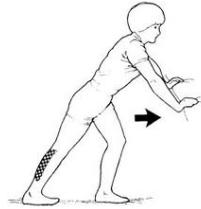
When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.

Stretching exercises

Hold all the stretches for 20 seconds each and then repeat them 3 times on each leg.

1a) Gastrocnemius stretch -

Stand facing a wall - resting both palms against it. Extend your left leg straight out behind you and bend the front right leg. Keep the heel of your leg down and lean forwards to feel a stretch in the calf.



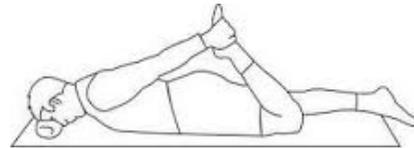
b) Soleus stretch -

Take the same position as in exercise 1. but this time bend the back leg slightly, in so doing changing the emphasis of the stretch on to the other muscle which makes up the calf areas.



2 Quadriceps stretch -

Lying on your front, bend one knee, and grasp the ankle - drawing your heel towards your bottom. Do not allow the lower back to 'over-hollow'.



3. Hamstring stretch -

Lying on your back, bend one knee and hip to 90 degrees, support the thigh at 90 degrees - straightening the leg until a stretch is felt in the back of the thigh.

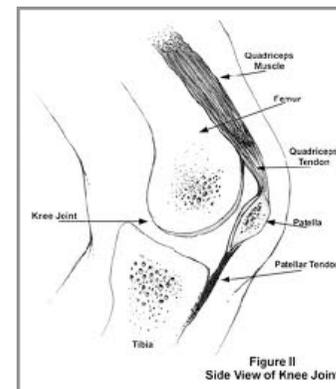
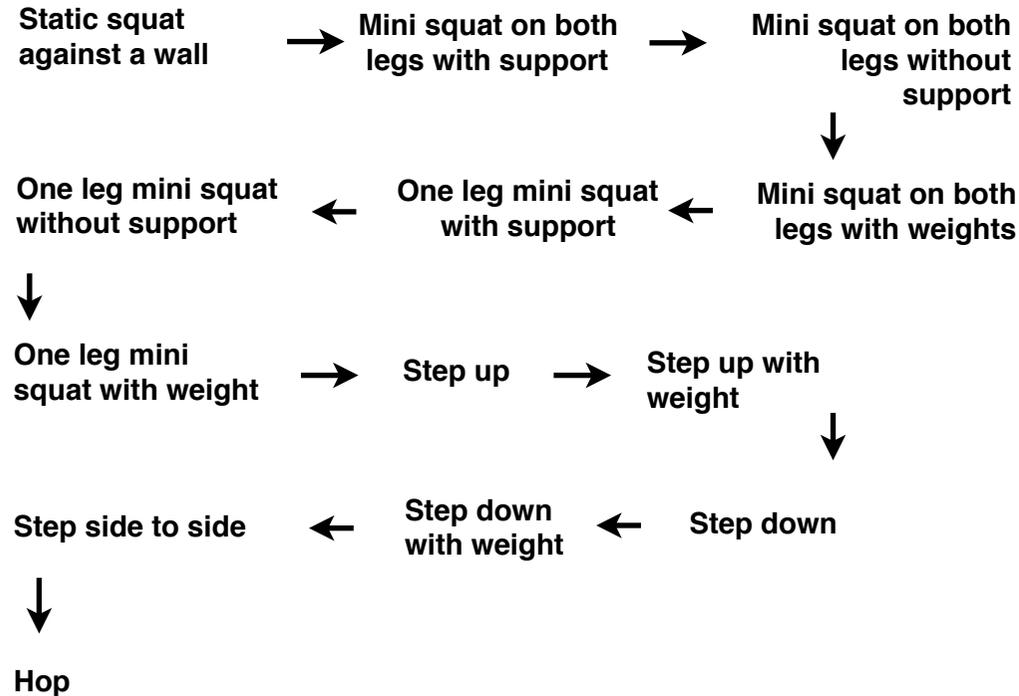
4. Iliotibial muscle stretch -

Stand side on to a wall, with the affected leg closest to the wall. Place your arm on the wall for support and cross the affected leg behind the other. Lean your hips towards the wall. Making sure your spine and pelvis are kept in a neutral position.

Strengthening exercises -

About your programme;

Your home exercise programme has specific exercises to stretch tight muscles, strengthen quadriceps and correct lower limb alignment in order to improve the tracking of your patella. In order to progress it is important good practice is carried out, most importantly to avoid intensifying your injury.



Progression speed -

Your therapist should advise you on the speed that you should progress on the strengthening and proprioception exercises. It is important to remember that progression is not only about capability to perform the exercise, but to perform it safely and correctly to remove any risk of injury.

