



**Could your weak hips be causing your knee pain?
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There has been a recent shift in how certain types of knee pain are being treated. Often times it is weakness of the quadriceps muscles (the 4 muscles at the front of the thigh) or tightness of the iliotibial band (ITB) on the side of the thigh that are thought to cause or contribute to a condition called Patellofemoral Pain Syndrome (PFPS). This condition is characterized as pain along the front of the knee and under the knee cap. Pain is usually increased with stair climbing, squatting, prolonged sitting with the knees bent and kneeling. This condition seems to be most prevalent in young females.

A recent study published in the Journal of Orthopedic and Sports Physical Therapy concludes that weakness in many of the hip muscles may be contributing to the pain felt by those with PFPS. The authors concluded that females 12-35 years old presenting with unilateral PFPS demonstrate significant impairments in the isometric strength of their symptomatic limbs for hip abduction, extension and external rotation compared to a control group. An evaluation by your Physical Therapist can help to determine if your knee pain may be attributed to weakness in these hip muscles.

Robinson RL, Nee RJ. Analysis of Hip Strength in Females Seeking Physical Therapy Treatment for Unilateral Patellofemoral Pain Syndrome. *Journal of Orthopaedic and Sports Physical Therapy*, 2007; 37: 232-238.