

Chondromalacia Patella (Runner's Knee)

Weaver Physiotherapy & Sports Injury Clinic Specialist Knee Pain Treatment in Northwich, Cheshire

What Is Chondromalacia Patella?

Chondromalacia Patella refers to softening and breakdown of the cartilage on the underside of the kneecap (patella). This cartilage normally helps the patella glide smoothly over the femur (thigh bone) when you bend and straighten your knee.

When this cartilage becomes damaged or inflamed, the result is friction, irritation, and pain at the front of the knee, particularly during activities that load the patellofemoral joint like squatting, stairs, or running.

Causes of Runner's Knee

Chondromalacia Patella is often linked to overuse or poor biomechanics, especially in active people. Common contributing factors include:

- Repetitive stress from running or jumping
- Poor patella tracking due to muscular imbalances
- Weak quadriceps or glute muscles
- Poor hip and pelvic stability
- Tight iliotibial band or hamstrings
- Flat feet or overpronation
- Previous knee injury or trauma
- Improper running technique or footwear

Symptoms of Chondromalacia Patella

Symptoms typically include:

- Pain at the front or deep behind the kneecap
- Discomfort when sitting for long periods
- Grinding or clicking sensations when bending the knee
- Pain during stairs, squats, lunges, or running downhill
- A feeling of instability or weakness in the knee

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Why Does It Keep Coming Back?

Many people with Runner's Knee find temporary relief from rest or painkillers, but the pain often returns when activity is resumed. That's because the underlying biomechanical issues like poor movement control, weakness, or poor alignment haven't been addressed.

How Physiotherapy at Weaver Physio Can Help

1. Expert Diagnosis & Assessment

We start with a thorough assessment of your:

- Knee joint and patella mobility
- Quadriceps, hamstring, and glute strength
- Core and pelvic control
- Gait and running biomechanics
- Foot posture and footwear
- Training history and activity load

2. Hands-On Manual Therapy

Manual physiotherapy techniques may include:

- Soft tissue release for tight muscles
- Joint mobilisations to improve patella or hip movement
- Trigger point therapy to reduce referred pain
- Taping techniques to improve patella tracking

3. Targeted Rehabilitation & Strengthening

Rehabilitation includes a personalised rehab programme:

- Glute and hip strengthening
- Quadriceps and VMO activation exercises
- Core stability and balance drills

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- Control-focused movements
- Progressions to plyometric and sport-specific exercises

4. Gait & Running Re-Training

If you're a runner, we assess your running form to identify technique flaws that could be contributing to knee overload. This may involve adjusting stride length or cadence, improving foot placement and trunk control, and recommending suitable footwear.

5. Load Management & Return to Sport Planning

We guide you on how to safely return to activity without overloading the knee:

- Gradual reintroduction to sport
- Monitoring training volume
- Implementing rest strategies
- Cross-training advice

When to Seek Professional Help

You should book an appointment if:

- Your knee pain has lasted more than 23 weeks
- Pain interferes with training
- Rest hasn't helped
- You feel grinding or instability
- Pain worsens with stairs or sitting

Why Choose Weaver Physiotherapy for Runner's Knee?

Located in Northwich, Cheshire, Weaver Physiotherapy & Sports Injury Clinic is trusted by runners, athletes, and active individuals across the region.

Why choose us:

- Specialist experience in knee injuries
- Individualised treatment plans
- Hands-on therapy and modern rehab techniques

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- Same-week appointments
- Serving Northwich, Knutsford, Winsford, Middlewich, Frodsham

Ready to Beat Runner's Knee?

Don't put up with persistent knee pain. With expert care from Weaver Physio, you can overcome Chondromalacia Patella and get back to doing what you love.

Call: 01606 45077

Book online: www.weaverphysio.com

Location: Northwich, Cheshire

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#KneeRehab #RunningInjury #NorthwichPhysio