

# Podiatry in Motion

Bay Area Foot Care

May 2015 | Issue Number 29



Don't get carried away!

## Patellofemoral Dysfunction?

Patellofemoral dysfunction, also known as anterior knee pain, involves the patellofemoral joint or the area between the knee cap and femur. It is commonly seen in teenage female patients and athletes like runners, bikers, and basketball players.

Patellofemoral dysfunction is characterized by a sudden pain with or without injury to the knee. It is caused by excessive and repetitive pulling or compressing on the knee cap.

Athletes involved in running and jumping are more prone to having this dysfunction. It could also be caused by knee fractures.

Initially the pain is localized around the knee cap area. It could be felt when going down the stairs, sitting for a long time, or standing up. During these

movements, a clicking or grinding sound could be heard.

The clicking or grinding sound as well as pain is due to the abnormal movement of the knee cap. The knee cap rubs against the femur causing "bone bruises." Weak muscles surrounding the knee joint also contribute to the condition.

This abnormal movement can cause unnecessary pressure and force on the knee joint. It gets worse over time. It could even reach a point of knee dislocation.

This dysfunction could be diagnosed during clinical check-ups. For extreme cases, MRI scans may be needed to properly assess the knee condition.

(Continued next page...)

20100 Lake Chabot Road,  
Ste 2  
Castro Valley, CA 94546  
510-581-1484

2299 Post Street,  
Ste 205  
San Francisco, CA 94115  
415-292-0638

4000 Dublin Blvd.,  
Ste 310  
Dublin, CA 94568  
925-556-4460

6600 Mercy Court,  
Ste 150  
Fair Oaks, CA 95628  
916-459-4398

3010 Colby Street,  
Ste 118  
Berkeley, CA 94705  
510-581-1484

[www.bayareafootcare.com](http://www.bayareafootcare.com)



Carefull!

## Patellofemoral Dysfunction?

(Cont'd from previous page)

### Treatment

The best way to treat patellofemoral dysfunction is by non-surgical means, specifically physiotherapy.

Quadriceps exercises are done to strengthen and stabilize muscles around the knee. It could also help correct and put the knee cap into proper position.

Other therapists would tape the knee or fabricate an orthoses for treatment purposes. One should not attempt to perform these exercises without a

supervision of a qualified podiatrist or specialist.

Some would advise the patient to lessen load or force on the injured knee until it gains strength and becomes stable. This is true especially for athletes who had overused their muscles around the knee area.

To address swelling and inflammation, you should place ice packs every 15 minutes on the inflamed area. Anti-inflammatory drugs also help lessen swellings and inflammations.



Seek professional help for therapy!

Approximately 6 weeks or more is needed to fully recover from patellofemoral dysfunction. After recovery, it is alright to resume normal activity such as sports.

However, there are instances where non-surgical methods are not enough to treat the problem. If there are recurrences of knee cap dislocation, your specialist will likely advise you to undergo surgery. □

## Bunions

A bunion is one of the most common foot problems. It is a bony bump on the inside of the foot around the big toe joint, frequently associated with an inward displacement deformity of the big toe. The condition is medically termed as hallux valgus.

(Continued next page...)



You can get back to sports!

## Bunions

(Cont'd from previous page)

As the bunion grows in size, there can be thickening of the skin around the big toe, pain, and restricted movement. It can also lead to other foot problems such as arthritis, hammertoes and bursitis. Bunions are permanent unless treated by a medical professional.

### Early Stage Treatment

In the early stages of a bunion, simple treatment methods can reduce pain and discomfort. The most basic way to relieve soreness is by wearing properly fitted shoes with a wide toe box area. This will take away

pressure from the big toe. Over-the-counter painkillers and anti-inflammatory medications like ibuprofen or acetaminophen can ease the symptoms as well as the swelling. Using insoles, orthotics, night splints, bunion bandages, or bunion pads are also helpful in the management of mild bunions. To relieve tenderness, apply ice over the bunion area for a few minutes.

### Surgical Treatment

The earlier-mentioned management methods work only during the early stages of bunions. For mild to severe bunions, the only definitive treatment is surgery.



Patients who may benefit from bunionectomy (surgery on the bunion) include those with severe pain which limits their daily activities; those with severe shifting-in of the big toe towards the other toes; those who are unable to straighten or bend their big toe; those experiencing pain or chronic inflammation of the big toe; those who are very active; as well as those whose professions require lots of standing and walking.

Studies have shown that 9 out of 10 patients who have undergone bunion surgery are very pleased with the results!

(Continued next page...)

20100 Lake Chabot Road,  
Ste 2  
Castro Valley, CA 94546  
510-581-1484

2299 Post Street,  
Ste 205  
San Francisco, CA 94115  
415-292-0638

4000 Dublin Blvd.,  
Ste 310  
Dublin, CA 94568  
925-556-4460

6600 Mercy Court,  
Ste 150  
Fair Oaks, CA 95628  
916-459-4398

3010 Colby Street,  
Ste 118  
Berkeley, CA 94705  
510-581-1484

[www.bayareafootcare.com](http://www.bayareafootcare.com)

## Bunions (cont'd from previous page)

Podiatrists use different surgical procedures in the treatment of bunions. The type of bunion surgery depends on the severity of the bunion, the general condition of the bones and connective tissues of the foot, and the activity level of the patient.

It is also important to note that as with any surgical procedure, there are possible risks and complications associated with bunionectomy. Any concern should be discussed with your podiatrist and surgeon prior to the procedure.♦

## Special Thanks

Thanks for reading our newsletter; we hope you've gained valuable insights!

For any enquiries regarding foot care or injuries, do feel free to contact **Bay Area Foot Care** (see details left).

Thanks for your support!