

# All About **KNEECAP INSTABILITY**

When the knee is bent, the patella or the kneecap smoothly glides up and down in the V shaped groove (trochlea) of the thigh bone. In some cases, the kneecap may move out of this furrow towards the outside of the knee causing **Kneecap Instability or Patellar Subluxation.**

## **Causes**

- Uneven kneecap ◀
- Weak leg muscles ◀
- Sharp blow to the kneecap ◀
- Previous injuries to knee joint ◀
- Overuse of muscles ◀
- Direct trauma to the knee ◀
- Excessive weight ◀

## **Symptoms**

- Stiffness ◀
- Inflammation ◀
- Pain while sitting ◀
- Kneecap keeps on slipping sideways ◀
- Knee buckles do not support your weight ◀
- Knee catches during movement ◀

## **Treatment**

- ▶ Rehabilitation exercises to strengthen thigh muscles.
- ▶ Wear braces to keep the knee at its proper position.
- ▶ Tissue grafting may be suggested in severe cases.

Presented By  
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