

**Translation Please:** Pain during prolonged sitting is a common problem in persons with patellofemoral pain

Patellofemoral pain (PFP) relates to pain in the front of the knee during movements where the knee cap (patella) moves along the thigh (femur). Have you ever sat for a long time, whether in a class, at work, or watching TV, and began to experience knee pain by your knee cap? Maybe even some pain in the same area when you go to stand up from a chair or squat down? PFP is very common and is usually the result of increased pressure in the front of the knee.

The thigh muscle in the front that crosses over the knee joint is called the quadriceps; it transitions down towards the knee to become the quadriceps (or "patellar") tendon that lays over the knee cap. When the knee is straight, the quadriceps are on slack; when the knee bends, the quadriceps stretch and create pressure at the knee cap due to its location underneath the quadriceps tendon. When you sit, you are sitting in a large amount of knee bend; the longer you sit in a knee bend, the longer the knee cap is compressed. Some studies have shown a decrease in circulation to the knee with prolonged time in a large knee bend, suggesting a potential cause for pain in sitting.

This study found that those who have PFP "tend to be younger, female, have a lower BMI, have worse symptoms and function, and also report problems with squatting," however it is not limited to this criteria exclusively. More tests and measures are completed when there is pain associated with squatting, running, walking, and stair climbing, but this article suggests that mechanisms for pain in sitting need to be further researched. Until further research is done, recommendations to decrease seated knee pain include decreasing times in large degrees of knee bend (standing or walking after shorter sitting intervals) and/or performing knee movements more consistently while sitting (bending and straightening the knee).