

PATELLOFEMORAL PAIN SYNDROME

Circle the correct answer then place your completed quiz in the
Suggestion Box by 25 November 2015

Patellofemoral pain usually involves pain around the kneecap

True / False

Patellofemoral pain is commonly caused by excessive running, squatting and kneeling

True / False

To help with pain sit down and rest for long periods of time

True / False

After exercise treat by icing the knee for 30 minutes

True / False

Improving flexibility is recommended to help this injury

True / False

FULL NAME: _____

TELEPHONE _____