



THE PREVENTIVE AND THERAPEUTIC ROLE OF BIOMECHANICS IN ANTERIOR KNEE PAIN

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Anterior knee pain is a common clinical term with a variety of causes describing the pain deriving from retro/peripatellar area, patella and its insertions. This pain can force the athletes to restrict sports for some time and the pain may be provoked by the incorrect anatomical/ biomechanical disorders. This lecture will describe how anterior knee pain occurs, how it affects athlete's performance and how it is prevented and/or treated from the biomechanical perspective.