**Anterior knee pain in Adolescence**

- Commoner in females
- After puberty
- Patellar pain
- Vague symptoms
- “Chondromalacia patellae”

Aetiology
- Ligament laxity

Compression stresses
- Torsional abnormalities of the legs
- Emotional problems
- Growth spurt
- Personality problems

**EXCLUDE**

- Synovitis
- Patellar instability
- Osteochondritis Dissecans
- Soft tissue/bony tumours
- Referred pain (Slipped Capital Femoral Epiphysis)

Evaluation
- History
- Clinical examination
- X-rays
- Bloods