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ORIGINAL RESEARCH  
BIOMECHANICS AND PATHOMECHANICS  
OF THE PATELLOFEMORAL JOINT

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### ABSTRACT

The patellofemoral joint is a joint that can be an area of concern for athletes of various sports and ages. The joint is somewhat complex with multiple contact points and numerous tissues that attach to the patella. Joint forces are variable and depend on the degree of knee flexion and whether the foot is in contact with the ground. The sports medicine specialist must have a good working knowledge of the anatomy and biomechanics of the patellofemoral joint in order to treat it effectively.

**Key Words:** Anatomy, biomechanics, patella

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