

# Effect of Foot Orthosis in Patellofemoral Pain Syndrome: A Literature Review

**Harleen Kaur, BPT Student, Department of Physiotherapy, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India.**

**Supreet Bindra, Assistant Professor, Department of Physiotherapy, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India.**

## **NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:**

Dr. Supreet Bindra,

Assistant Professor, Department of Physiotherapy, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India.

E-mail: physio.supreet@gmail.com

## **ABSTRACT**

Patellofemoral Pain (PFPS), also known as runner's knee and anterior knee pain syndrome, is defined as increased pain in the area behind or around the patella when the knee is bent and loaded with weight. Foot orthosis is an in-shoe medical device used as an intervention for individuals with PFPS to control foot motion, usually excessive pronation. Despite the widespread use of orthosis in managing various musculoskeletal conditions, there remains a notable lack of high quality evidence supporting their effectiveness.

This study aims to determine the effect of foot orthosis in PFPS. A computer search of peer reviewed articles from databases such as PubMed (National library of medicine), Google Scholar, Medline, Research Gate published from 2008 to 2024. Foot orthosis proves to be beneficial to reduce pain and in increasing the functional mobility in accordance with knee strengthening exercises.

**Keywords:** Anterior knee pain syndrome, Intervention, Musculoskeletal.