

Patellofemoral Tracking & McConnell Taping

Patellofemoral Tracking Disorder

- Commonly described as having anterior knee pain.
- Occurs when the patella does not “track” correctly when bending or straightening the knee.



What is McConnell Taping?

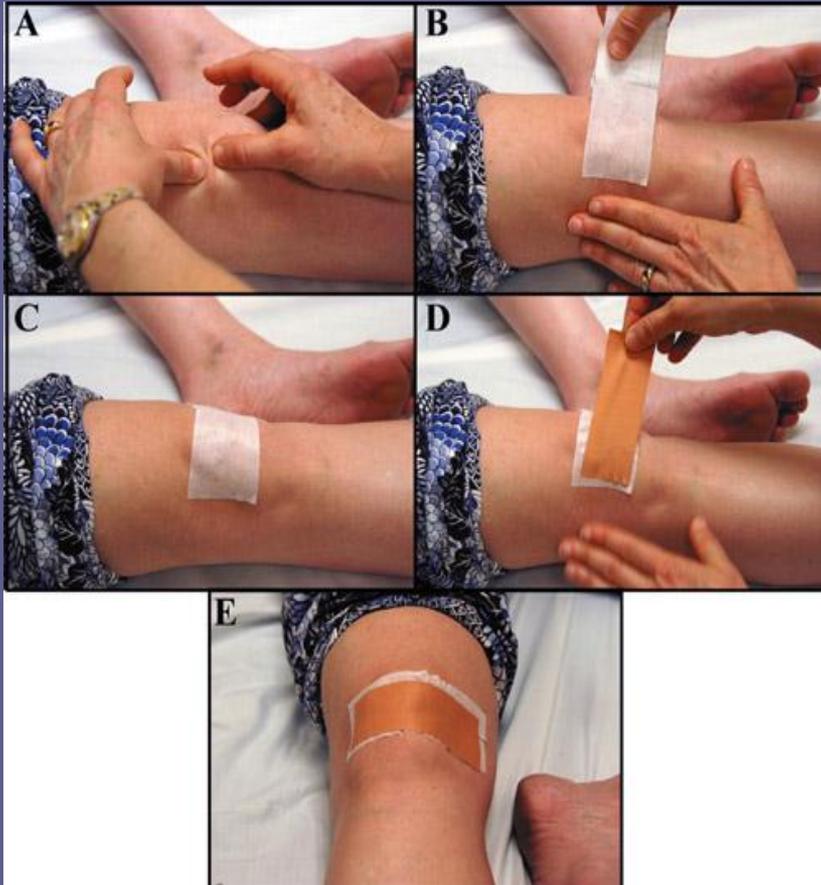
- Originally introduced in 1984 by Jenny McConnell.
- McConnell taping technique helps to keep the kneecap in alignment.
- Primary goal:
 - To pull the patella away from the painful area to reduce pain

McConnell Taping

- Patients should feel immediate pain relief.
- Encourage patients to exercise with tape on in order to give appropriate feedback to the muscles.



How is it applied?



- 1st: Clean the area that will be covered with an alcohol swab
- 2nd: Palpate the patella
- 3rd: Apply white cover strip
- 4th: Apply McConnell tape (also known as leukotape)

Knee without tape

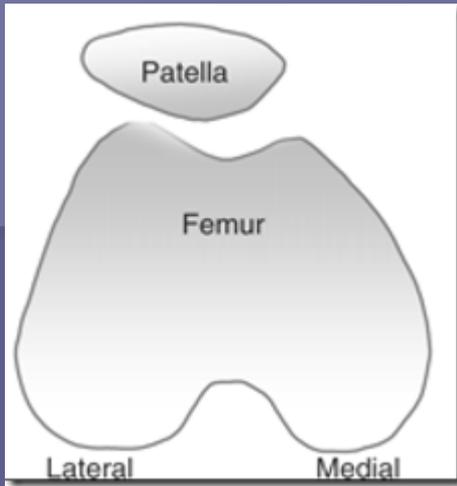


Kneecap out of alignment

Knee with tape

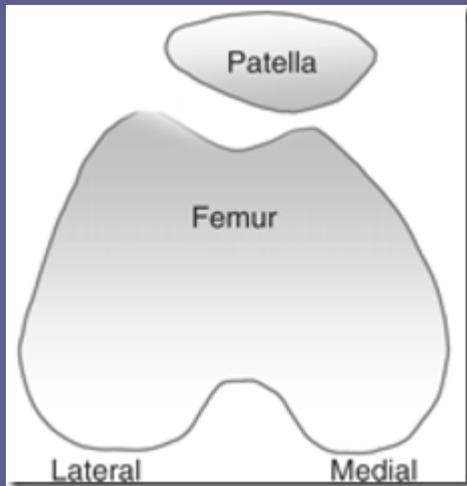
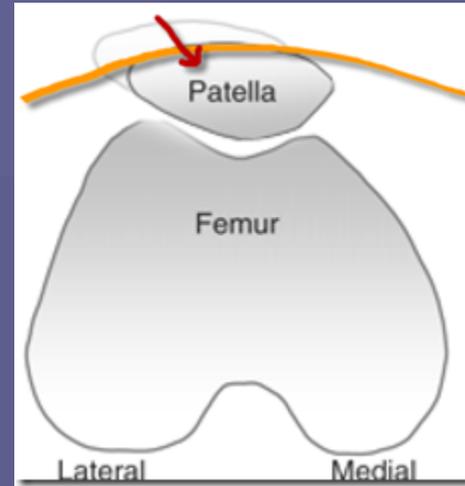


Kneecap in normal alignment

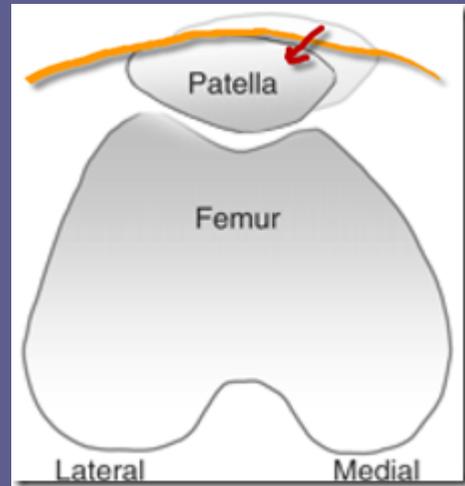


The figure on the left shows a patellofemoral joint with a laterally displaced patella, it does not sit centered within the trochlea groove.

The figure to the right is that same knee, but now with patellar tape (orange line) applied. As you can see, it centers the patella within the groove but compressing it, the patella glides against the ridge of the trochlea:



The same holds true for the medially displaced patella



Benefits of McConnell Taping

- Reduces pain during activity
- Corrects mal-alignment of the patella
- Improves activation of the VMO
- Aids in healing

Progression / Regression?

- Feedback from the patient on how they're feeling is important in finding out if McConnell taping is working or not.
- Glide the patella medially to recognize if there is still limited movement.

References

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- Juhn, M. (1999) "Patellofemoral Pain Syndrome: A Review and Guidelines For Treatment"
<http://www.aafp.org/afp/1999/1101/p2012.html>
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