



Self Directed CPDs

The Q Angle

Having read the article written by *Whitney Lowe, LMT* we know that the Q angle tells us the relationship between knee patella and other knee structures. If you can't find a live body to practise on use this diagram.

- 1) Mark the mid point of the patella
- 2) Draw a line from it to the ASIS (anterior Superior Iliac Spine) to the mid point of the patella
- 3) Mark the tibial tuberosity.
- 4) Draw a line from the mid point of the patella to the tibial tuberosity.

The angle between these two lines is the Q angle. When measuring this on a client you will find that the angle is usually around 15-20°.

A greater or lesser angle than this may predict maltracking of the patella.

