



## Self Directed CPDs

### The Role of the Q Angle in Anterior Knee Pain

From [www.massagetoday.com](http://www.massagetoday.com)

Having read the article written by *Whitney Lowe, LMT* answer the following questions:

1. What is the Q angle more *less* commonly know as?
2. The Q angle is a postural distortion involving the biomechanics of which structure?
3. An exaggerated Q angle can lead to:
  - \*
  - \*
  - \*
4. In order to measure degree of the Q angle you need to draw two lines superimposed on the lower extremity. Where do these two lines start and finish?
  - \*
  - \*
5. Where can you find the patella?
6. Whilst there is disagreement as to what constitutes an exaggerated Q angle, one factor remains clear. What is this?
7. According to research, how many degrees does the Q Angle have to be in order to cause a problem?
8. The quadriceps angle of pull directly affects what?
9. During knee flexion and extension the patella should track superiorly and inferiorly OR medially and laterally in trochlear groove?
10. Therefore when the Q angle is greater, the quadriceps pull the patella in a more superior/ inferior / medial / lateral direction?



11. The tensile stress on soft tissues around the knee is caused by what?
12. This can lead to chondromalacia patellae? Describe this condition.
13. Patellar tracking disorders mean what?
14. Research shows that a larger Q angle can also be a major factor in contributing to which pathologies?  
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15. Why are there said to be increased incidences of these disorders in women and individuals with genu valgum.
16. What is genu valgum commonly known as?
17. Massaging which muscle can help correct lateral maltracking?
18. For those suffering from anterior knee pain due to a greater Q angle massage to which group can be useful?
19. Massaging this group can greatly reduce or increase the Q angle?