Injuries to the knee are becoming a pressing public health concern due to the economic costs associated with knee injury, the potential detrimental effects on health and wellness, and the risk of long-term osteoarthritis. Injuries to the knee and patellofemoral joint are commonplace in sport and physical activity. In a study of high school athletes in the United States, Ingram et al reported that, in adolescents, the knee joint is considered to be the second most commonly injured joint, accounting for 15.2% of all injuries; only the ankle accounted for more injuries (20.9%). The knee was the most common joint requiring surgery in that particular study (44.6%). Overall, it is estimated that knee surgeries alone account for nearly 60% of all sports-related surgeries. Females who participate in structured sport or physical activities have been shown to have an incidence of knee injuries that is 3 to 6 times higher than their male counterparts. In addition, recent literature indicates that the negative patient outcomes from knee injury are not isolated to those requiring surgery. When considering running injuries, the knee and patellofemoral joint are the most common location of injury; 20% of all running injuries occur at the knee, with iliotibial band syndrome and patellofemoral syndrome being the most common of these injuries. Anterior knee pain injuries are more prevalent in female patients and are associated with poor physical activity outcomes at 1-year follow up.

Given the frequency of knee injuries in the sport and physical activity setting, coupled with the potential for negative long-term outcomes, the