

## The Patellofemoral Joint of Despair



Now this is a story all about how,  
Patellofemoral pain flips life upside down,  
I'd like to take a minute, just sit right there,  
I'll tell you how the syndrome causes lots of despair.

In the patellofemoral joint, located and raised,  
Patella and femur maltracking for most of the days,  
Pain with kneeling, squatting, maybe a pop,  
Causing all activities to come to a stop,  
When a couple of clinicians, try to diagnose,  
Realised they were up against multiple woes,  
Diagnostic tools poor, often meandered,  
Treatment plans hard and very substandard,  
They treated the symptoms day after day,  
To no avail, the cause left to astray,  
They attempted to strengthen and to rest it,  
Surgery a last resort and major investment.

Research into the cause, diagnosis and treatment,  
Clinicians can come to some agreement,  
Look at the patients, try to repair,  
To solve the pain and the route of despair.