

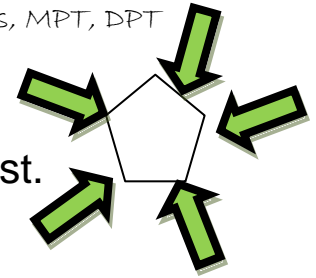
**Release Joint Restriction:**

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Knee cap [KC]

**For: Knee pain**

2X/day check for RIs. Treat worst points first.



**Restriction Indicator (RI)-tender point:**

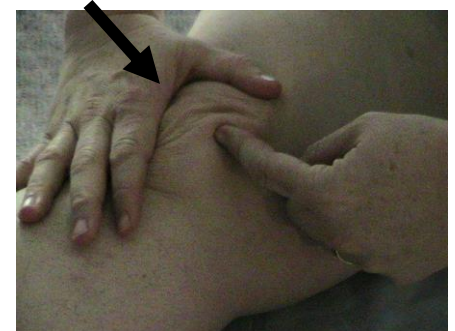
Locate most tender spot on edge of knee cap. Push toward edge of knee cap; do not push toward leg.



**Movement Combination:**

Gently slide knee cap over tender spot.

Check tender spot.



Recheck RI in same direction with same amount of pressure. Find position of the kneecap that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Slowly return to neutral and recheck RI. Repeat any test that was painful previously. If this has reduced the pain use this technique as often as needed to keep the pain controlled.