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# About Patellar Tracking Disorder



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## How your kneecap in motion



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Patella is the medical term for your kneecap. Patellar tracking disorder (or patellar maltracking) describes movement of your kneecap that isn't aligned, like your kneecap moving sideways. It can usually be relieved with exercises and physical therapy.

The **kneecap** is a separate bone that's attached to your thigh bone (femur) at the top and your big shin bone (tibia) by powerful tendons and ligaments. It is a type of bone that forms within a tendon to give a mechanical advantage for the knee.

When it's working properly, the kneecap glides in a groove or cutaway that's near the end of your thighbone called the trochlear groove.

Injuries from sports, overuse, or trauma can cause the patella to move slightly off and not track properly in the trochlear groove. In most cases, the kneecap shifts to the outside of the leg, but it can also move towards the inside.

