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# Introduction

The knee is the largest and most complex joint in the human body. It is therefore not surprising that a large number of disorders affect the joint and that diagnosis is often complex (*Fulkerson, 2002*).

*Buedinger* is the first one who described the chondromalacia cartilage. He described fissures that caused by trauma. That term is used by *Aleman* who described the degeneration of articular cartilage of the patella (*Aglietti et al., 2001*).

Unfortunately, the term chondromalacia has become the most important cause for patellofemoral pain. Other names are given to describe that syndrome such patellofemoral arthralgia, extensor mechanism dysplasia, anterior knee pain syndrome and others but these are not accepted (*Elias et al., 2002*).

Some authors divide the etiological factors into mechanical and traumatic causes. However the signs and symptoms of chondromalacia patellae are not specific (*Biedert and Sanchis-Alfonso 2002*).

Treatment of that syndrome is starting with conservative treatment and then operative if conservative treatment failed. Operative treatment is divided into arthroscopic and non arthroscopic treatment (*scapinelli et al., 2002*).