

5 THINGS TO KNOW ABOUT

the

INFRAPATELLAR FAT PAD & OA

WHAT IS THE IFP?

Infrapatellar Fat Pad (IFP)

The IFP is a piece of white adipose tissue and is located next to the synovium (the tissues which surround the joint) and beneath the tendon that connects the kneecap to the shinbone.

PAINFUL KNEES

Pain and the Fat Pad

The infrapatellar fat pad (IFP) is the main source of blood to the patella tendon and, hence, thought to contribute to the mechanism of pain in the knee.

BODY MASS CHANGES

Influence by body mass index(BMI)

Within the IFP, increased BMI's have been linked to

- larger fat cells
- more cells that become immune cells
- and more immune cells in general

FAT VOLUMES & DIET

IFP volume linked to diet

The volume or size of the IFP is

- linked to aging and OA joint but not healthy joints
- increased when diets are high in fat
- reduced when diet is improved and exercise undertaken

WE DON'T KNOW MUCH

We know so much yet so little

Although IFP research has increased in recent years, we still don't know

- how the IFP relates to physical function
- the interaction between the IFP and other joint tissues
- and SO MUCH MORE!!

Based on the publication: H Urban, C B Little, The role of fat and inflammation in the pathogenesis and management of osteoarthritis, Rheumatology, Volume 57

