

Patellofemoral Physical Therapy

PAIN CONTROL:

- Discontinue or minimize provocative symptoms including prolonged sitting with knees flexed, ADLs, stairs, squats, lunges, sports that require significant quad usage
- Home icing program as needed
- VMO stim PRN
- Massage PRN

RANGE OF MOTION:

- As tolerated
- Prone quad stretching
- Passive supine straight leg hamstring stretches
- Passive ITB, groin stretching
- Passive medial patellar glides and tils
- Calf stretching

STRENGTH:

- Progress as pain allows
- Endurance:
 - Start with 10 reps 2-3x/day
 - Increase reps by 5/day to a max of 30
 - Reps then reduced to 10 and 1 pound weight added to ankle
 - Repeat until lifting 3-5 pounds for 30 reps
- Quads:
 - Modify PRN to minimize pain
 - Isometrics, terminal knee extensions, closed chain, progression to full range as tolerated
 - Emphasize VMO strengthening
- Hamstrings
- Adductors
- Glutes
- Core
- Cardiovascular conditioning
 - Nordic track, bike, slideboard
 - Progress to stairmaster, elliptical, running

WEIGHT BEARING:

- As tolerated

MODALITIES:

- EMG biofeedback to VMO to enhance control
- Cryotherapy after exercises
- US PRN

BRACING:

- McConnell taping +/- PF brace PRN