



From the office of:

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PHYSICAL THERAPY PROTOCOL FOR PATELLOFEMORAL PAIN

Resisted leg raises

- SLR at 15° - Perform in neutral rotation and with leg externally rotated
- Knee flexion
- Hip adduction, abduction, extension, flexion

PRE Progression (Progress arc as tolerated in later stages of rehab)

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic i.e. step-ups, short arc squats
- Eccentric open chain isokinetics
 - Performed in 30-0° arc
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic i.e. knee extension
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal

Flexibility Exercises

- Achilles
- Hamstrings
- Medial/Lateral hip/thigh
- Quadriceps
- Iliotibial band
- Lateral retinacular stretching
- Medial patellar glide

Other Therapeutic Activities

- Assess for patellar taping benefit
- Retro ambulation
- Calf and hip PRE's - emphasize hip external rotation strength
- Short crank bicycle
- Electrical stimulation
- Muscle endurance activities
- Functional closed chain exercises for quadriceps strengthening
- Nordic track
- Progress to Stairmaster/Versaclimber, short arc
- Cryotherapy and modalities PRN

Underlying philosophy: Minimize compressive forces and exercise quadriceps in pain-free arcs, **advancing arc as tolerated.**

Please send progress notes.

For more information, please visit andrewblackmanmd.com
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