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PATELLO-FEMORAL PAIN SYNDROME REHABILITATION GUIDELINES

Phase I:

Goals:

- Decrease patello-femoral joint irritation
- Promote healing

- Patient education
- Activity modification
- Modalities, PRN
- Flexibility exercises/Patella mobility – evaluation based
- Quadriceps isometrics (quad sets with towel roll; isometrics with foot on ground) utilizing biofeedback, e-stim
- SLR series
 - Supine with knee unlocked
 - Hip adduction
 - Hip abduction (gluteus medius progression)

Phase II:

Goals:

- Establish pain-free ROM
- Improve strength deficits

- Modalities (ice)
- SLR series – increase weight/ progress exercise as tolerated
- Bicycle (resistance to tolerance)
- Leg press (B/L)
- Contralateral Theraband
- Hip Adduction
- Retro-ambulation (treadmill, pool, underwater treadmill)

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Phase III:

Goals:

- Improve quadriceps control
- Normalize biomechanical forces

- Modalities (ice after exercise)
- Continue flexibility program
- Progress strengthening program
 - Leg press (eccentric)
 - Squats
 - Step-ups
 - Step-downs
 - Initiate knee flexion isotonics to 90°
- Assess for external supports (taping, bracing)

Phase IV:

Goals:

- Improve endurance
- Return to functional activity

- Modalities (ice after exercise)
- Continue flexibility training
- Continue strengthening
- Initiate running program
 - Retro-running → forward running
 - Unweighted treadmill
 - Underwater treadmill
- Cross training
- Initiate lateral drills
- Agility training
- Progress proprioceptive training
- Initiate plyometrics progression