

**Kyle Anderson, MD**  
**William Beaumont Hospital**

27207 Lahser Road #200-B  
Southfield, MI 48034  
Ph. (248)663-1900

6900 Orchard Lake Rd #103  
W. Bloomfield, MI 48322  
Ph. (248)855-7400

3535 W. 13 Mile Rd. #605  
Royal Oak, MI 48073  
Ph. (248)551-9100

**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