

Dr. Pathik Shah
Sports, Revision Sports and Regenerative Sports Orthopaedic Surgeon
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS
AOSSM Sports Surgery Fellowship (California, USA),
Fellowship in Joint and Trauma (Mumbai)
Diploma in Football medicine (FIFA)

PATELLOFEMORAL PAIN PHYSICAL THERAPY PRESCRIPTION

Diagnosis: Knee Patellofemoral Pain

Pathology: Excessive Compression Forces, Chondromalacia Patella

UNDERLYING PHILOSOPHY: Minimize compressive forces and exercise Quadriceps in pain-free arcs, advancing arc as tolerated.

RESISTED LEG RAISES

- ___ SLR @ 15° – Perform in neutral rotation with leg externally rotated
- ___ Hip Adduction, Abduction, Extension, Flexion
- ___ Knee Flexion

PRE Progression (PERFORMED IN 30° - 0° ARC)

- ___ Multiple angle Isometrics
- ___ Eccentric closed chain Isotonics
- ___ Concentric closed chain Isotonics – i.e. Step-ups, Short arc squats
- ___ Eccentric open chain Isokinetics
- ___ Concentric open chain Isokinetics, submaximal
- ___ Eccentric open chain Isotonics – i.e. Knee Extension
- ___ Concentric open chain Isotonics, submaximal
- ___ Concentric open chain Isotonics, maximal
- ** Progress arc as tolerated in later stages of rehab

FLEXIBILITY EXERCISES

- ___ Achilles
- ___ Hamstrings
- ___ Medial / Lateral Hip / Thigh
- ___ Quadriceps
- ___ Iliotibial Band
- ___ Lateral Retinacular stretching, Medial 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 SOS