



# Sports & Orthopaedic Specialists

## Patellofemoral Pain Syndrome Protocol

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This protocol provides appropriate guidelines for the rehabilitation of patients with patellofemoral pain syndrome. The protocol draws evidence from the current literature and accounts for preferences of the providers at Sports & Orthopaedic Specialists. The program may be modified by the referring provider for an individual patient. If questions arise regarding the utilization of the protocol or the progress of the patient, contact Sports & Orthopaedic Specialists:

Main line: (952) 946-9777

Physical therapy: (952) 914-8631

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Physical therapist should use clinical judgement to implement a course of therapy to ameliorate identified faulty movement patterns:

Adverse trunk control

Impaired pelvis stability (Trendelenberg)

Impaired hip stability (dynamic valgus collapse)

Knee strategy (quadriceps dominance)

Diminished force attenuation on landings

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### **Gluteal Recruitment & Strengthening:**

Implementation of Powers Program (available on [www.sportsandortho.com](http://www.sportsandortho.com))

### **Quads (VMO) Strengthening:**

If atrophy or gross weakness of quads is noted.

### **Hamstring Stretching:**

PNF contract/relax method preferred.

### **IT Band Mobilization:**

Foam roller or rolling stick. Manual mobilization.

### **Patellar Mobilization:**

To stretch length deficient lateral patellar retinaculum.

### **McConnell Taping:**

To normalize patellofemoral mechanics and increase contact surface area.