

Rehabilitation Protocol for Patellofemoral Pain Syndrome

These guidelines aim to outline the non-operative course of care for Patellofemoral Pain Syndrome (PFPS). Treatment should be tailored to the individual's needs, considering exam findings and clinical judgment. The expected timelines for recovery may vary. Clinicians seeking guidance on patient progression should consult with the referring provider.

The interventions listed are not exhaustive and should be adapted based on the patient's progress and at the discretion of the clinician.

PFPS is a broad category of anterior knee pain characterized by discomfort behind or around the patella. It is often caused by patellar malalignment, altered patellofemoral (PF) joint forces, or repetitive stress. PFPS is also known as Runner's Knee, chondromalacia patella, retropatellar pain syndrome, anterior knee pain syndrome, patellar malalignment, and patellofemoral arthralgia. It can manifest with various signs and symptoms affecting body regions throughout the kinetic chain, from the lumbar spine to the feet.

<p>Diagnosis Considerations</p>	<ul style="list-style-type: none"> • Pain: typically reported anywhere circumferential to the anterior knee or retropatellar region. • Common Aggravating Factors: prolonged sitting, squatting, climbing/descending stairs, running, and jumping. • Increased tibiofemoral varum/valgum or tibial varum: normal subjects with hypermobility exhibit larger Q angles than normal subjects with normal mobility. Patients with greater amounts of medial rotation of the femur with respect to the tibia, typically produce larger amounts of contact area at the patellofemoral joint. • Foot position/footwear. Excessive or late pronation during gait can increase tibial internal rotation, thus altering patellofemoral forces. • Higher-level activities which include landing with excessive hip internal rotation and/or knee valgus may contribute to abnormal PF joint loading. • Strength deficits (including balance and eccentric control) may be noticeable throughout the lower extremity and lumbopelvic region. • Special tests: Vastus Medialis Coordination Test, Patellar Apprehension Test, Clarke's Test, Eccentric Step Test, McConnell's Test, Patellar Tilt Test, Tibial Angulation Test 	
<p>Differential Diagnosis</p>	<ul style="list-style-type: none"> • Articular cartilage injury • Bone tumor • Chondromalacia patella • Referred pain from low back or hip • Hoffa's Disease • Iliotibial Band Friction Syndrome • Inflammatory joint disease • Loose Bodies • Meniscal pathology • Neuromas 	<ul style="list-style-type: none"> • Osgood-Schlatter disease • Osteochondritis dessicans • Patellar stress fracture • Patellofemoral arthritis • Pes Anserine Bursitis • Prepatellar Bursitis • Quadriceps/Patellar tendinopathy • Sinding-Larsen-Johansson Syndrome • Symptomatic Bipartite Patella • Synovial plica

PHASE I: IMMEDIATE/ACUTE (WEEKS 0-2 AFTER SURGERY)

<p>Rehabilitation Goals</p>	<ul style="list-style-type: none"> • Reduce any swelling, minimize pain • Restore patellar, lower extremity mobility (including hip and ankle) • Restore tolerance to full motion • Minimize arthrogenic muscle inhibition and re-establish quadriceps, hip control • Patient education <ul style="list-style-type: none"> ◦ Minimize aggravating factors as much as possible, such as descending stairs, prolonged sitting, running, jumping ◦ Initial self-symptom management and joint protection ◦ Independent with initial home exercise program
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PHASE I: IMMEDIATE/ACUTE CONTINUED
(WEEKS 0-2 AFTER SURGERY)

<p>Interventions</p>	<p>During this early phase, numerous manual interventions may be utilized to reduce the patient’s pain, restriction to movement, and joint loading:</p> <ul style="list-style-type: none"> • Soft Tissue Mobilization/Instrument-Assisted Soft Tissue Mobilization • Patellar Taping (McConnell, Kinesiotaping) • Ischemic compression/Bloodflow Restrictive Training • Dry Needling • Nerve mobilization • Joint mobilization/manipulation • Strengthening • Stretching <p>Mobility</p> <ul style="list-style-type: none"> • Stationary biking for tolerable mobility (minimal resistance) • Stretching/Foam rolling <ul style="list-style-type: none"> ◦ Hip flexors ◦ Hamstrings ◦ Quadriceps ◦ Iliotibial band ◦ Adductors ◦ Hip extensors/rotators ◦ Gastroc-soleus complex <p>Strengthening</p> <ul style="list-style-type: none"> • Quadriceps isometrics at 0, 45, 90 degrees of flexion • Straight leg raise • Bridge/unilateral bridging • Sidelying clamshells • Sidelying hip abduction • Core/lumbopelvic stabilization (transverse abdominus, multifidus lifts, front/side planks)
<p>Criteria to Progress</p>	<ul style="list-style-type: none"> • Full knee motion, compared to uninvolved side • Appropriate quad contraction with superior patella glide and full active extension • Able to perform straight leg raise without lag or pain • Full tolerance to weightbearing with relative knee extension

PHASE II: INTERMEDIATE/SUB-ACUTE
(WEEKS 2-4 AFTER SURGERY)

<p>Rehabilitation Goals</p>	<ul style="list-style-type: none"> • Progress to closed-chain/weightbearing activities without loading of knee flexion • Maintain full ROM • Tolerance to closed chain strengthening without loading of knee joint in flexion • Independent with progressed home exercise program, all daily activities
<p>Additional Interventions *Continue with Phase I interventions</p>	<p>Strengthening</p> <ul style="list-style-type: none"> • Sumo walks • Monster walks • 4-way hip drills <p>Balance/proprioception</p> <ul style="list-style-type: none"> • Single-leg stance • Clock taps • Ball toss <p>Correction of movement abnormalities with functional tasks</p>
<p>Criteria to Progress</p>	<ul style="list-style-type: none"> • Tolerance to weightbearing activities • Maintenance of full ROM • Normalize muscle length or achieve muscle length goals

PHASE III: LATE/CHRONIC
(WEEKS 4-6 AFTER SURGERY)

<p>Rehabilitation Goals</p>	<ul style="list-style-type: none"> • Maintain full ROM • Promote proper movement patterns • Avoid post exercise pain/swelling • Achieve all muscle strength goals • Negotiating stairs unlimited • Full tolerance to closed chain knee joint loading with flexion, with appropriate eccentric control • Achieve all muscle strength goals • Achieve daily/functional goals
<p>Additional Interventions *Continue with Phase I-II interventions</p>	<p><i>Strengthening</i></p> <ul style="list-style-type: none"> • Partial squat, squat to chair, wall slide, progressing to functional squat pattern • Lunge/reverse lunge • Step ups • Step downs, eccentric loading <p><i>Correction of movement abnormalities with sport-related tasks</i></p> <p><i>Return to Running Program</i></p>
<p>Criteria for Discharge</p>	<ul style="list-style-type: none"> • Independent self-management of symptoms • Demonstrate appropriate understanding of condition and maintenance to prevent risk of recurrence

For further assistance or to schedule an appointment, please contact **iOrtho - The Orthopedic Institute** at **833-464-6784** or visit our website at **iorthomd.com** to text/email us. Our team is dedicated to providing personalized care and guidance throughout your rehabilitation journey.