Patellofemoral Pain Rehabilitation Guidelines

General Rehab Guidelines: Control Pain and Edema
Normal ROM, proprioception, strength
Return to normal ADLs/sports

Phase I:
Goals: Full ROM
Control Pain
Decrease Edema
Instruct in HEP

Suggested Exercises:
- Quad sets
- Straight leg raises
- Heel slides
- Hip exercises for flexion, extension, abduction, and adduction
- Stretches: quadriceps, hamstrings, glutes, abductors, adductors
- IT Band, piriformis
- Modalities as needed

Phase II
Goals: Increase Strength
Increase Proprioception
Increase Flexibility
Decrease Pain
Maintain ROM

Suggested Exercises:
- Closed Chain Strengthening: leg press, TKEs, set-ups, wall sits, hamstring curls
- Abductor and Adductor machines
- Proprioceptive exercises
- Lower extremity stretches
- Continue with cardiovascular
- Continue with modalities as needed

Phase III
Goals: Return to normal ADLs and/or sports without pain or limitation
Maintain flexibility
Independence in HEP

Suggested Exercises:
- Continue to increase strength and flexibility
- Sports specific exercises where indicated
- Cardio progression where indicated
- Independence demonstrated in HEP