

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