

PHYSICAL THERAPY PRESCRIPTION

DIAGNOSIS: (LEFT/ RIGHT) PATELLOFEMORAL PAIN **DATE** _____

PATHOLOGY: Excessive Compression Forces, Chondromalacia Patella

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

PATELLOFEMORAL PAIN (0-30 DEGREES ARC) PHYSICAL THERAPY

RESISTED LEG RAISES

___ SLR @ 15 Degrees – 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 Isotonics

___ 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 THERAPUTIC ACTIVITES

___ Assess for patellar taping benefit

___ 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/ Versiclimber, short arc

___ Cryotherapy and Modalities prn

**Please send progress notes.

Physician's Signature: _____
Stephan J. Sweet, M.D., M.P.H.