

Randy Clark, MD  
Revere Health Coral Desert Orthopedics  
2825 south mall drive  
St. George, UT 84790  
435-628-9393 phone  
435-628-9382 fax

**Patient Name:**

**Date:**

**Diagnosis:** Patellofemoral Pain

**Pathology:** Lateral tracking, subluxation, dislocation

**PHYSICAL THERAPY PRESCRIPTION:**

**Resisted leg raises**

SLR at 30°  
Hip adduction, extension, flexion  
Knee flexion

**PRE Progression - Emphasize V.M.O. Strengthening**

Multiple angle isometrics  
Eccentric closed chain isotonic  
Concentric closed chain isotonic  
Eccentric open chain isokinetics  
Concentric open chain isokinetics, submaximal  
Eccentric open chain isotonic  
Concentric open chain isotonic, submaximal  
Concentric open chain isotonic, maximal

Performed in 90-30° arc

Progress arc as tolerated in later stages of rehab.

**Flexibility Exercises**

Achilles  
Lateral retinaculum stretching  
Hamstrings  
Lateral hip/thigh

**Other Therapeutic Activities**

Medial patellar mobilization  
EMG Biofeedback  
Assess for patellar taping benefit  
Retro ambulation  
Calf and hip PRE's  
Muscle endurance activities  
Functional closed chain exercises for static and dynamic patellar stabilization  
Nordic track  
Progress to Stairmaster/Versaclimber  
Cryotherapy and modalities PRN

*Underlying philosophy:* Minimize activities that involve high lateral tracking forces while stressing quadriceps (VMO) strengthening.

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_