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Patellofemoral Syndrome
PHYSICAL THERAPY PRESCRIPTION:

Resisted leg raises

SLR at 15° - Perform in neutral rotation and with leg externally rotated
Hip adduction, abduction, extension, flexion
Knee flexion

PRE Progression

Multiple angle isometrics
Eccentric closed chain isotonic
Concentric closed chain isotonic i.e. step-ups, short arc squats
Eccentric open chain isokinetics
Concentric open chain isokinetics, submaximal
Eccentric open chain isotonic i.e. knee extension
Concentric open chain isotonic, submaximal
Concentric open chain isotonic, maximal
Progress arc as tolerated in later stages of rehab.

Performed in 30-0° arc

Flexibility Exercises

Achilles
Hamstrings
Medial/Lateral hip/thigh
Quadriceps
Iliotibial band
Lateral retinacular stretching/medial glide

Other Therapeutic Activities

Assess for patellar taping benefit
Retro ambulation
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/Versaclimber, short arc
Cryotherapy and modalities PRN

Underlying philosophy: Minimize compressive forces and exercise quadriceps in pain-free arcs,
advancing arc as tolerated.