

Clinical diagnosis of Patellofemoral Pain

Assessment components

Biomechanics

1. Bracing (PFJ and pronotics)
2. Bandage
3. Foot orthoses (customised vs prefabricated)
4. Gait retraining/movement patterns.

Flexibility / ROM

1. Stretching of hip, hamstring, calf, iliotibial band
2. Joint mobilisation PFJ
3. Muscle flexibility
4. Fascial lengthening–ITB
5. Neural mobilisation (especially femoral nerve)

Activity pattern

1. Reduction of primary aggravating factors
2. Reduction of compounding sports activity

Muscle re-education

1. Quadriceps strengthening
2. Hip strengthening
3. Open kinetic chain exercises
4. Closed kinetic chain exercises
5. Biofeedback
6. Supervised vs unsupervised exercise.

Pain

1. Acupuncture
2. Manipulative therapy
3. Massage
4. Taping
5. Ultrasound

Lack of knowledge

1. Patient-specific advice and education.

Clinical summary summarising treatment modality options for PFP management