

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine
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PATIENT STICKER

DATE: _____

DIAGNOSIS: (LEFT / RIGHT) PATELLOFEMORAL PAIN

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 deg ARC) PHYSICAL THERAPY PRESCRIPTION

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 Isokinetics
- ___ 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 THERAPEUTIC ACTIVITIES

- ___ 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

Treatment: _____ times per week _____ Home Program

Duration: _____ weeks

Physician's Signature: _____

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