

PHYSICAL THERAPY PRESCRIPTION

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

PATHOLOGY: Lateral Tracking, Subluxation, Dislocation

UNDERLYING PHILOSOPHY: Minimize activities that involve high lateral tracking forces while stressing Quadriceps (VMO) strengthening.

PATELLOFEMORAL PAIN AND INSTABILITY PHYSICAL THERAPY

RESISTED LEG RAISES

- ___ SLR @ 30 Degrees
- ___ 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 – 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
- ___ Lateral Hip/Thigh
- ___ Quadriceps
- ___ Lateral Retinacular stretching

OTHER THERAPUTIC ACTIVITES

- ___ Medial patellar mobilization
- ___ EMG Biofeedback
- ___ Assess for patellar taping benefit
- ___ Calf and Hip PRE's
- ___ Muscle endurance activites
- ___ Functional closed chain exercises for Static and Dynamic Patellar stabilization
- ___ Nordic track
- ___ Progress to Stairmaster/ Versiclimber, short arc
- ___ Cyryotherapy and Modalities prn

**Please send progress notes.

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