



## Patellofemoral Pain Rehabilitation Guidelines

General Rehab Guidelines	<ul style="list-style-type: none"> <li>• Control Pain and Edema</li> <li>• Normal Range of Motion (ROM), proprioception, strength</li> <li>• Return to normal Activities of Daily Living (ADLs)/Sports</li> </ul>
Phase I	<p><b>Goals: Full ROM</b></p> <ul style="list-style-type: none"> <li>• Control Pain</li> <li>• Decrease Edema</li> <li>• Instruction in Home Exercise Program (HEP)</li> </ul> <p><b>Suggested Exercises</b></p> <ul style="list-style-type: none"> <li>• Quad Sets</li> <li>• Straight Leg Raises</li> <li>• Heel Slides</li> <li>• Hip exercises for flexion, extension, abduction, and adduction</li> <li>• Stretches: Quadriceps, Hamstrings, Glutes, Abductors, Adductors, Iliotibial Band (ITB), Piriformis</li> <li>• Modalities as needed</li> </ul>
Phase II	<p><b>Goals: Increase Strength</b></p> <ul style="list-style-type: none"> <li>• Increase Proprioception</li> <li>• Increase Flexibility</li> <li>• Decrease Pain</li> <li>• Maintain ROM</li> </ul> <p><b>Suggested Exercises</b></p> <ul style="list-style-type: none"> <li>• Closed Chain Strengthening: Leg Press, TKEs, Set-Ups, Wall Sits, Hamstring Curls</li> <li>• Abductor and Adductor machines</li> <li>• Proprioceptive exercises</li> <li>• Lower extremity stretches</li> <li>• Continue with cardiovascular</li> <li>• Continue with modalities as needed</li> </ul>
Phase III	<p><b>Goals: Return to normal ADLs / sports without pain or limitation</b></p> <ul style="list-style-type: none"> <li>• Maintain flexibility</li> <li>• Independent HEP</li> </ul> <p><b>Suggested Exercises</b></p> <ul style="list-style-type: none"> <li>• Continue to increase strength and flexibility</li> <li>• Sports specific exercises where indicated</li> <li>• Cardio progression where indicated</li> <li>• Independence demonstrated in HEP</li> </ul>

Courtesy of Vanderbilt Sports Medicine