

# PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

### 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 PRESCRIPTION

#### RESISTED LEG RAISES

- SLR @ 30 degrees
- Hip Adduction, Extension, Flexion
- Knee Flexion

#### PRE Progression – EMPHASIZE VMO STRENGTHENING (PERFORMED IN 90-30 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
- Lateral Hip/Thigh
- Lateral Retinacular stretching

#### OTHER THERAPEUTIC ACTIVITIES

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

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC