

# PHYSICAL THERAPY PRESCRIPTION

## SETH C. GAMRADT, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

Keck School of Medicine of USC

1520 San Pablo Street, Suite 2000

Los Angeles, CA 90033

Phone: 323.442.5860

Fax: 323.442.6952

[www.gamradtortho.com](http://www.gamradtortho.com)

Keck School of  
Medicine of USC

PATIENT STICKER

**DIAGNOSIS: ( LEFT / RIGHT ) PATELLOFEMORAL PAIN**      **DATE :** \_\_\_\_\_

**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:** \_\_\_\_\_

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