

PATELLOFEMORAL SYNDROME (NON-OPERATIVE)

- Hip abductor and Glute strengthening à must be able to perform one legged squat with knee control by discharge of therapy
- Hip/core strengthening à pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Iliotibial Band, hamstring, buttocks stretching à must develop a daily home program to continue after discharge from PT
- Hip abductor and adductor strengthening
- Calf stretching
- Patellar and soft tissue mobilization
- Knee proprioception with stairs and boxes