Patellofemoral/Anterior Knee Pain Nonoperative Rehab Protocol Prescription

Patient Name: ___________________________ Date: _____________

Diagnosis: Patellofemoral/anterior knee pain  L / R  knee

Number of visits each week: 1  2  3  4  Treatment duration _________ weeks

Rehab Phase
Evaluate lower extremity gait, hip and core strength
Treat any noted deficits

Strengthening
Closed chain quadriceps
Core
Hip external rotators
Hip abductors
Hip extensors

Proprioceptive training
Exercises may include (but not limited to)
Wall and/or ball squats
SLR's - in all planes with weight
Lateral step out with therabands
Sport cord (bungee) walking
Progress balance and board throws
Start slide board
Plyometric leg press
Double leg balance on tilt boards

Daily HEP

Maintenance Phase
Continue all exercises from prior phase
Phase out supervised rehab
Advance home strengthening program to be done daily
Encourage maintenance gym work-outs focusing on core, quad and hip strengthening

ADDITIONAL COMMENTS: __________________________________________________________
Concerns or questions:
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Physician Signature: