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Patient Name:

Date:

Diagnosis: Patellofemoral Pain

Pathology: Lateral tracking, subluxation, dislocation

PHYSICAL THERAPY PRESCRIPTION:

Resisted leg raises

SLR at 30°
Hip adduction, extension, flexion
Knee flexion

PRE Progression - Emphasize V.M.O. Strengthening

Multiple angle isometrics
Eccentric closed chain isotonic
Concentric closed chain isotonic
Eccentric open chain isokinetics
Concentric open chain isokinetics, submaximal
Eccentric open chain isotonic
Concentric open chain isotonic, submaximal
Concentric open chain isotonic, maximal

Performed in 90-30° arc

Progress arc as tolerated in later stages of rehab.

Flexibility Exercises

Achilles
Lateral retinaculum stretching
Hamstrings
Lateral hip/thigh

Other Therapeutic Activities

Medial patellar mobilization
EMG Biofeedback
Assess for patellar taping benefit
Retro ambulation
Calf and hip PRE's
Muscle endurance activities
Functional closed chain exercises for static and dynamic patellar stabilization
Nordic track
Progress to Stairmaster/Versaclimber
Cryotherapy and modalities PRN

Underlying philosophy: Minimize activities that involve high lateral tracking forces while stressing quadriceps (VMO) strengthening.

Please send progress notes.

Physician's Signature: _____