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### Physical Therapy Protocol for Patellofemoral Pain

All exercises should be in a pain-free range. McConnell taping or a patellofemoral brace may need to be utilized to reduce symptoms.

#### **Stretching Exercises:**

Hip internal and external rotational stretching exercises  
Hip abductor stretching exercises  
Piriformis stretching  
Quadriceps stretching exercises  
Hamstring stretching exercises  
Iliotibial band stretching exercises  
Patellar mobilizations  
Gastrocnemius stretching exercises

#### **Strengthening Exercises:**

Quadriceps strengthening exercises

- Focus on closed-chain terminal knee extension strengthening exercises (Avoid open-chain quadriceps strengthening exercises)
- Bridges
- Quad sets
- Straight leg raises
- VMO strengthening exercises

Core strengthening exercises

Hamstring strengthening exercises

- Romanian dead lifts
- Back extensions
- Hamstring curls

Hip strengthening exercises

- Focus on hip abductor and adductor strengthening (Use manual resistance or Thera-Bands)

*Other:*

- Resisted squat jumps
- Box jumps
- 40° knee flexion squats
- 60° knee flexion leg press
- Forward lunges
- Forward step ups
- Calf raises

#### **Modalities:**

Ice

Patellar taping or bracing as indicated