

**Patellofemoral Pain Syndrome Protocol
Dr. Schaap**

Time Frame	Treatment	Goals
Phase I	<ul style="list-style-type: none"> -Use of crutches to normalize gait -Anti-inflammatories/pain modalities (ionto,phono etc) -Begin flexibility exercises for tight lower extremity structures -Ice, compress and elevate -Brace per physician -Thorough evaluation of hip, knee, ankle and feet 	<ul style="list-style-type: none"> -Reduce pain/inflammation -Increase flexibility of tight lower extremity muscles -Increase strength of weak lower extremity muscles -Education on HEP -Return to preinjury activities pain-free
Phase II	<ul style="list-style-type: none"> -Continue anti-inflammatories/pain modalities PRN -Initiate quadriceps strengthening (Q set,SLR) -Begin pain-free, non-impact aerobic endurance exercises (high rpm, low resistance stationary biking, swimming, elliptical low resistance) 	
Phase III	<ul style="list-style-type: none"> -Continue stretches -Continue strengthening (closed chain as tolerated) -Begin pain-free concentric exercises (leg press, leg curl, hip ABD, calf raises, etc.) -Begin pain-free functional exercises -Return to ADLs/sports 	
	<ul style="list-style-type: none"> -Avoid: Excessive squatting, kneeling, stair climbing and other painful activities 	