

Physical Therapy Prescription for:

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Eval & Treat: 2x/week x 12 weeks

Dr. Redler's Patellofemoral Physical Therapy Protocol

NOTE: The patellofemoral protocol should be progressed pain free. The objective is to try to minimize pain by limiting range of motion, resistance, and frequency. If any exercises cause pain, refrain from them until you talk with your physical therapist or athletic trainer.

Associated Diagnoses	Resistance Exercises (possible choices)	Stretches	Possible Contraindications
Lateral tracking patella OR Subluxing patella	Straight leg raise, Long arc lift, Step-up, Leg press	Rectus femoris, Hamstring, Iliotibial band, Adductor	Avoid patella subluxing out of groove in terminal extension.

Associated Diagnosis	Resistance Exercises (possible choices)	Stretches	Possible Contraindications
Osgood- Schlatter OR Sinding-Larsen- Johannson	Straight leg raise, Short arc lift, Step-up, Leg press	Rectus femoris, Hamstring, Iliotibial band, Adductor	Excessive knee flexion with full arc exercises may put undue stress on tibial tubercle

Associated Diagnoses	Resistance Exercises (possible choices)	Stretches	Possible Contraindications
Tendonitis OR Jumper's Knee	Straight leg raise, Adduction, Long arc lift or short arc lift (pain free arc), Step-up, Leg press	Rectus femoris, Quad, Hamstring, Iliotibial band, Adductor	Trying to progress to strengthening rehabilitation before decreasing acute symptoms.

Straight Leg Raise, Short Arc Lifts, Long Arc Lifts, and Adductor Lifts:

- Start with resistance of limb.
- Exercises should be done supine with patient flexed at hips and resting on elbows. Contralateral limb is positioned as a base with knee flexed to 90 and foot flat on table.
- For straight leg raise, ankle should be dorsiflexed to 90 degrees and leg should be externally rotated to focus on VMO strengthening
- When adding weight (once you reach three sets of 10), add no greater than 3 lbs. per week.
- Progress to as great as 10 lbs. if pain free (discuss with physical therapist/athletic trainer progression to machines).
- Frequency: Do three sets of exercises daily if recovered in terms of no pain or joint/muscle soreness from last workout

Leg Press:

- Add weight as tolerated (two sets of 15 reps)
- Do exercise one leg at a time unless it is bilateral condition.
- Progress exercises to every other day until you do not recover in between workouts, then go to three times per week.

Step-ups:

- Progress up to 8-inch step on a daily basis. Once you get to 8-inch step, step farther back in lunge fashion. Do only three times a week.

Stretching:

- Hold all stretches 30 seconds for three repetitions, five times per week.
- Stretch daily until pain subsides, then stretch three times per week.
- Quadriceps, Rectus femoris, Iliotibial band, Hamstring, Adductors, and Calf

Additional Instructions: _____

