GAMRADT ORTHOPEDICS

PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

DIAGNOSIS: (LEFT / RIGHT) PATELLOFEMORAL PAIN   DATE :_____

PATHOLOGY: Excessive Compression Forces, Chondromalacia Patella

UNDERLYING PHILOSOPHY: Minimize compressive forces and exercise Quadricepsin pain---free arcs, advancing arc as tolerated.

PATELLOFEMORAL PAIN (0---30 deg ARC) PHYSICAL THERAPY PRESCRIPTION

RESISTED LEG RAISES

___ SLR @ 15 degrees – Perform in neutral rotation with leg externally rotated

___ Hip Adduction, Abduction, Extension, Flexion

___ Knee Flexion

PRE Progression (PERFORMED IN 30---0 ARC)

___ Multiple angle Isometrics

___ Eccentric closed chain Isotonics

___ Concentric closed chain Isotonics – i.e. Step---ups, Short arc squats

___ Eccentric open chain Isokinetics

___ Concentric open chain Isokinetics, submaximal

___ Eccentric open chain Isotonics – i.e. Knee Extension

___ Concentric open chain Isotonics, submaximal

___ Concentric open chain Isotonics, maximal

** Progress arc as tolerated in later stages of rehab

FLEXIBILITY EXERCISES

___ Achilles

___ Hamstrings

___ Medial/Lateral Hip/Thigh

___ Quadriceps

___ Iliotibial Band

___ Lateral Retinacular stretching, Medial glide

OTHER THERAPEUTIC ACTIVITIES

___ Assess for Patellar taping benefit

___ Calf and Hip PRE's – emphasize Hip external rotation strength

___ Short crank bicycle

___ Electrical stimulation

___ Muscle endurance activities

___ Functional closed chain exercises for Quadriceps strengthening

___ Nordic track

___ Progress to Stairmaster / Versiclimber, short arc

___ Cryotherapy and Modalities prn

Treatment: _____ times per week   _____ Home Program
Duration: _____ weeks

Physician's Signature:_____

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