

## PHYSICAL THERAPY PRESCRIPTION

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PATIENT STICKER

**DIAGNOSIS: ( LEFT / RIGHT ) PATELLOFEMORAL PAIN**

DATE : \_\_\_\_\_

**PATHOLOGY: Lateral Tracking, Subluxation, Dislocation**

**UNDERLYING PHILOSOPHY: Minimize activities that involve high lateral tracking forces while stressing Quadriceps (VMO) strengthening**

### **PATELLOFEMORAL PAIN AND INSTABILITY PHYSICAL THERAPY PRESCRIPTION**

#### **RESISTED LEG RAISES**

- \_\_\_ SLR @ 30 degrees
- \_\_\_ Hip Adduction, Extension, Flexion
- \_\_\_ Knee Flexion

#### **PRE Progression – EMPHASIZE VMO STRENGTHENING (PERFORMED IN 90---30 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
- \_\_\_ Lateral Hip/Thigh
- \_\_\_ Lateral Retinacular stretching

#### **OTHER THERAPEUTIC ACTIVITIES**

- \_\_\_ Medial patellar mobilization
- \_\_\_ EMG Biofeedback
- \_\_\_ Assess for Patellar taping benefit
- \_\_\_ Calf and Hip PRE's
- \_\_\_ Muscle endurance activities
- \_\_\_ Functional closed chain exercises for Static and Dynamic Patellar stabilization
- \_\_\_ Nordic track
- \_\_\_ Progress to Stairmaster / Versiclimber, short arc
- \_\_\_ Cryotherapy and Modalities prn

Physician's Signature: \_\_\_\_\_

Seth C. Gamradt, MD, Attending Orthopaedic Surgeon, USC

