



Non-Operative PFPS Rehab Protocol



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Non-Operative PFPS Rehab Protocol - Physical Therapy Prescription

Please fax progress notes to Advanced Orthopedics & Sports Medicine at 720-895-1121

Name: _____

Date of Surgery: _____

Diagnosis: R / L Non-Operative PFPS Rehab Protocol

Frequency: 2 times per week for 12 weeks

Transcutaneous electrical nerve stimulation (2 minutes)

Patellar mobilization (2 minutes)

Hamstring, Quadriceps, And Tensor Fasciae Latae Muscle Stretching

Stretching Of The Hip Internal Rotators.

- 4 repetitions of static stretching were performed manually by the physical therapist. Each repetition was maintained for 30 seconds at a point of mild discomfort but not pain. A resting interval of 20 seconds was observed between stretching repetitions.

Concentric Strengthening Of The Hip External Rotators And Abductors

Open Kinetic Chain Strengthening Of The Quadriceps (Concentric Exercises); And Proprioceptive Exercises.

Focus biomechanics from Hip to Knee with proper Hip->Knee->Ankle alignment

Results¹

12 sessions vs 24 sessions

60% reduction in pain after first 12 sessions

75% reduction in pain after 24 sessions

Source

1. Jellad A, Kalai A, Guedria M, et al. (2021) Combined Hip Abductor and External Rotator Strengthening and Hip Internal Rotator Stretching Improves Pain and Function in Patients With Patellofemoral Pain Syndrome: A Randomized Controlled Trial With Crossover Design. Orthop J Sports Med 9:2325967121989729.

Signature: _____

Date:

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