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**Physical Therapy Prescription
 Patellofemoral Pain**

Patient Name: _____

Today's Date: _____

Dx: (LEFT / RIGHT) Knee patellofemoral pain

Pathology: Excessive Compression / Shearing Forces, PF Joint due to increased IR of femur

RESISTED LEG RAISES

___ Hip Adduction, Abduction, Extension

PRE Progression (PERFORMED IN 30-0 ARC)

___ Eccentric closed chain Isotonics – Step-downs avoiding knee valgus, short arc squats with abduction resistance

** Progress arc as tolerated in later stages of rehab

FLEXIBILITY AND MOBILITY EXERCISES

- ___ Achilles
- ___ Hamstrings
- ___ Medial/Lateral Hip/Thigh
- ___ Quadriceps
- ___ Iliotibial Band / TFL
- ___ Lateral Retinacular stretching, Medial glide

OTHER THERAPEUTIC ACTIVITIES

- ___ Assess for Patellar taping benefit
- ___ Retro ambulation with resistance
- ___ Calf and Hip PRE's – emphasize Hip external rotation strength and posterior chain
- ___ Short crank bicycle
- ___ Muscle endurance activities focused on glutes, ER of hip, hip abductors
- ___ Intrinsic foot and ankle strength to limit rate of pronation
- ___ Functional closed chain exercises for Quadriceps and Hamstring strengthening
- ___ Elliptical
- ___ Progress to Stairmaster / Versaclimber, short arc
- ___ Thermotherapy and Modalities prn
- ___ Bridging program progressing to single leg, dynamic movements
- ___ Core and pelvic stability and control program

UNDERLYING PHILOSOPHY: Minimize compressive / shearing forces and exercise Quadriceps in pain-free arcs, advancing arc as tolerated.

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks Home Program

**Please send progress notes.

Physician's Signature: _____ **M.D.**