

# PATELLOFEMORAL PAIN SYNDROME



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## WHAT IS IT?

Patellofemoral pain is discussing the interaction of the patellofemoral joint. This pain is often due to overloading or stress on the patellofemoral joint of the knee. This is a joint issue, but adjacent structures can also contribute to the pain (quad muscle/tendon, bursa, patellar tendon, MPFL).



Differential Diagnosis will happen during this time.

## SPECIAL TESTS

- First rule out other higher risk diagnoses:
  - Acute injury
  - ACL rupture
  - Patella fracture
  - Meniscus tear
- Next, rule out lower risk diagnoses:
  - Quad/patellar tendinopathy
  - Ligament sprain
- Rule in
  - Aggravating/easing factors
  - Recent increase in activity
  - Insidious onset
- Stress patellofemoral joint through motion and palpation



## TREATMENT EXAMPLES

- Manual therapy
  - Mobilize joint
  - Soft tissue restrictions in quad/hamstring, gastroc/soleus complex
- Monitor load and stress on joint
  - Load management
  - Strengthening hip and quad

## EXAMPLE QUESTION

Which of the following is the most likely a contributing factor to insidious onset patellofemoral pain syndrome?

1. Hamstring strain
2. 15% decrease in running mileage per week
3. 15% increase in running mileage per week
4. Maintaining current running mileage

Answer: 15% increase in running mileage

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