



CHIROMOVEMENT MUSCLE AND JOINT CLINIC

# PATELLAFEMORAL PAIN SYNDROME

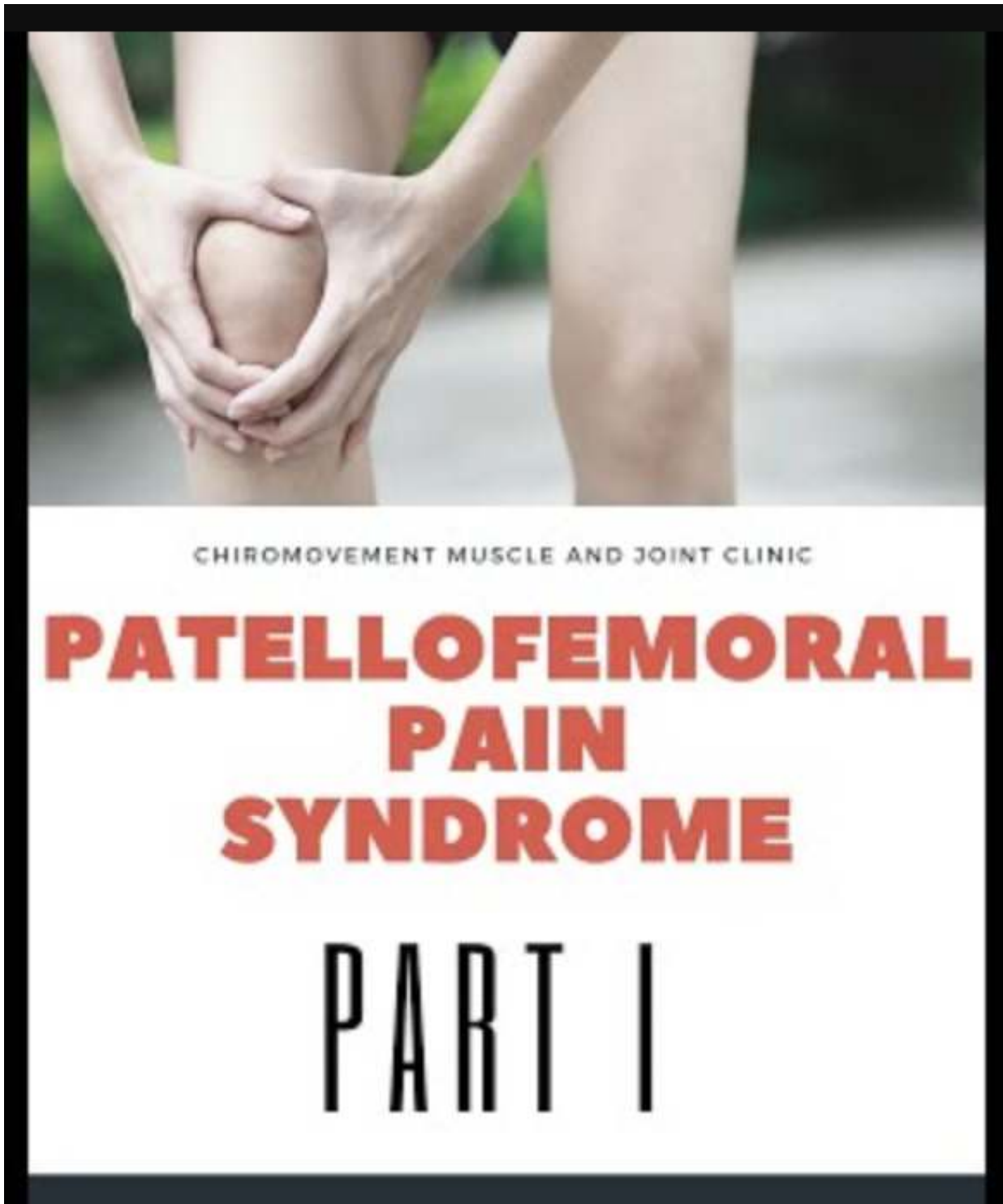
Patella Femoral Pain Syndrome (PFPS) is pain located in the front of the knee or around the patella. There can be multiple reasons for PFPS that include overuse, musculoskeletal imbalances or injury.

It is important to rest from activities that caused the initial injury, see a physician, and strengthen the injured tissue.

This program contains simple knee strengthening exercises to help you get back to your everyday life.



[Introduction: Click Here](#)



ChiroMovement: Tennis Elbow



## UNDERSTANDING KNEE PAIN

**Knee pain, more often than not, indicates there is an issue within your kinetic chain either above or below.**

**This means the foot, ankle, or hips are the biggest culprit for symptoms appearing in the knee.**

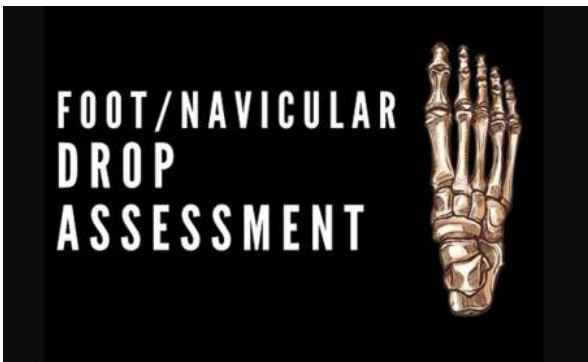
## ORTHOPEDIC TESTS...

**Orthopedic Tests used to evaluate knee pain should also look at the foot, ankle, and hips.**

[Trendelenberg Test: Click Here](#)



[Navicular Drop Assessment: Click Here](#)



[Squat Assessment: Click Here](#)

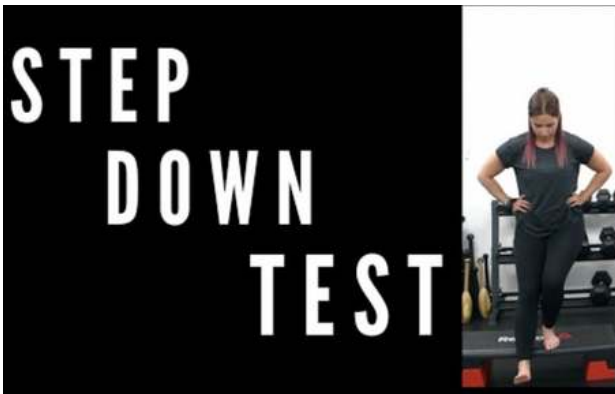


ChiroMovement: Tennis Elbow

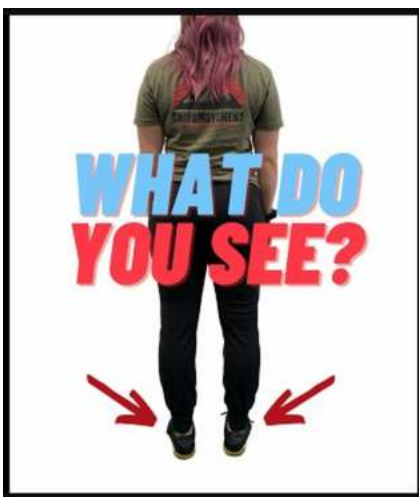
[Patellar Tracking Test: Click Here](#)



[Step Down Test: Click Here](#)



[Posture/Musculoskeletal Observation:  
Click Here](#)



ChiroMovement: Tennis Elbow



# CARE

## Phase I: Initial Injury

- Time Frame: Week 0-3
- Treatment: Rest, Physician Care, Gentle Movement, and [Nutrition](#)
- Add In Stage I exercises as tolerated or as Instructed by physician

## Phase II: Rehab

- Time Frame: Week 1 - 6
- Treatment: Incorporate Exercise to strengthening Injured tissue
- Start with Stage II exercises. When those become easy and pain free add In phase II exercises.
  - All exercises must remain pain free

## Phase III: Rebuilding/Strengthening

- Time Frame: Week 3 - Undetermined
- Treatment: Incorporate Exercise to strengthen injured tissue
- Carefully and slowly add In Stage III exercises
  - All exercises must remain pain free



## DISCLAIMER

This program is a generalized set of education and exercises meant to build strength, develop functionality, improve proprioception, aid with proper warm-up before activity, and address imbalances that may predispose us to injury.

This program was not built for the purpose of diagnosing or providing highly specific treatment.

Do not perform any exercise that causes pain.

If progress or improvement is not seen with the provided exercises, seek medical care from a licensed practitioner.

# Intermediate Exercises



## Exercises

### Stage I

Iliotibial Band (IT Band) Stretch

Tri-planar Hamstring Stretch

Half-kneeling Quadricep Stretch

Small Arc Quad Extensions

Banded Knee Extensions

Wall Butt Taps

Toe Curls & Toe Controlled Articular Rotations

Foot Races





# Exercises

---

## Stage II

Step Downs

Banded Single Leg Balance

Romanian/Stiff Leg Deadlifts

Single Leg Deadlifts

Monster Walks

Reverse Lunges

Glute Bridge

Single Leg Glute Bridge Eccentrics

Glute Bridge with Adduction

Clams

ChiroMovement: PFPS



# Exercises

---

## Stage III

Squat - Bodyweight/Goblet

Squat Jumps

Box Drops

Cuts/Juts

ChiroMovement: PFPS



**ChiroMovement strongly recommends that you consult your physician before participating in an exercise regime to ensure good standing and ability to safely complete exercises.**

**These exercises and videos are not meant for the purposes of diagnosing or examining medical conditions of any kind, or in determining the effect of any specific exercise on any medical condition. You should understand that when participating in any exercise, there is the possibility of physical injury. If pain or injury occurs you should consult your physician.**

**If you engage in shown exercises, you agree that you do so at your own risk and by voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge ChiroMovement and all employees from any and all claims or causes of action, known or unknown.**