**Patellofemoral Pain Syndrome Rehabilitation Protocol**

**Phase I Inflammatory Phase**

* Modalities to control inflammation
* Prescription anti-inflammatories
* Ice
* Clinical modalities as needed
* Evaluate and treat lumbar, sacral, and pelvic dysfunction
* Evaluate for corrective orthotics
* Implement appropriate, selective stretching
* Iliotibial band
* Hamstrings
* Quadriceps
* Gastrocnemius/soleus
* Piriformis
* Apply appropriate patella mobilizations
* Evaluate lateral retinaculum and apply patellar tilt mobilization when indicated
* Begin early VMO/quadriceps strengthening • Quad setting
* Multi-plane straight leg raises
* Open kinetic chain multi-plane hip strengthening
* Cardiovascular exercise
* Stationary bike
* Treadmill walking

**Phase II – Subacute and Early Strengthening Phase:**

* Continue with appropriate Phase I activities
* Advance strengthening
* Proprioception
* Closed kinetic chain squat program
* Closed kinetic chain unilateral squats, dip, and step-up progression
* Closed kinetic chain multi-plane hip strengthening
* Advance intensity and duration of biking and treadmill walking program

**Phase III – Advanced Strengthening**

* Advance closed kinetic chain strengthening as appropriate
* Begin gym strengthening, using caution with leg extensions
* Begin light jogging progressing as tolerated

**Phase IV – Return**

* Continue with Phase III Program
* Re-evaluate with physician and therapist
* Advance to return to sport program as motion, strength, and endurance allow