PATELLO-FEMORAL SYNDROME/JUMPERS KNEE REHABILITATION PROTOCOL

This rehabilitation protocol has been developed for the patient with general pain and tenderness around the knee cap which may increase in intensity with daily and sporting activities. The symptoms will often decrease with rest and are frequently bilateral. Sporting activities, especially running and jumping, stairs, sitting with knees flexed for a long period of time, and deep squatting activities may intensify the pain. Early intervention of strengthening and stretching is recommended to decrease pain and assist in returning to activity. The protocol is divided into phases. Each phase is adaptable based on the individual patient and special circumstances. Progress through the phases as pain, range of motion, swelling and strength allow.

The overall goals of the rehabilitation protocol are to:

- Control pain and swelling
- Regain normal knee range of motion
- Establish appropriate stretching and strengthening exercises
- Regain normal proprioception, balance, and coordination for daily activities
- Achieve the level of function based on the orthopedic and patient goals

Physical therapy is an important intervention to assist the patient in early rehabilitation in attaining a level of fitness to return to functional activity without pain. It is extremely important for the supervised rehabilitation to be supplemented by a home fitness program where the patient performs the given exercises at home or at a gym facility. Physical therapy for PF syndrome/jumper’s knee varies in length on factors such as:

- Structure(s) involved: infrapatellar tendon, patellar cartilage plica, or patellar tracking
- Acute versus chronic condition
- Lower extremity flexibility
- Lower extremity biomechanics: pronated foot, leg lengths
- Performance or activity demands
- Muscular strength and endurance

Return to activity requires both time and clinical evaluation. To safely and most efficiently return to normal or high level functional activity, the patient requires adequate strength, flexibility, and endurance. Return to intense activities may increase the possibility of repeat injury or the potential of compounding the original injury. Symptoms such as pain, swelling, or instability should be closely monitored by the patient.
Phase 1
Patello-Femoral Syndrome/Jumper’s Knee

EXERCISE

ROM
- Full range of motion
- Hamstring/ITB/Gastroc/Soleus/Quad/Hip flexor stretches
- Patella mobilizations

STRENGTH
- Quad sets with biofeedback
- SLR in 4 planes
- Heel raise/Toe raise
- SAQ (30-0°)
- Leg press (0-45°)
- Hamstring curls
- TKE with theraband
- Bicycle with resistance with seat high

BALANCE TRAINING
- Single leg balance with plyotoss
- Sportscord balance/agility work
- Wobble board balance work
- ½ Foam roller balance work
- Minitramp balance work

MODALITIES
- E-stim/biofeedback as needed
- Ice 15-20 minutes

GOALS OF PHASE:
- Control pain and inflammation
- Independent in HEP
- Initiate muscular strength and endurance training without pain
- Educate patient on diagnosis
- Adequate quad/VMO contraction
Phase 2
Patello-Femoral Syndrome/Jumper’s Knee

EXERCISE

ROM
Continue with all stretching exercises from phase one, concentrating on muscle group with greatest deficiency

STRENGTH
SLR with ankle wt/tubing
SAQ with ankle wt
Knee extension (90-45°,90-30°)-range of motion depending on pain
Leg press-single leg eccentric
Hamstring curl
Reverse lunge-not to migrate knee over toe
Mini-squat (0-30°)
Stool crawl
Straight leg dead lift
Multi-hip in 4 directions
Bicycle for endurance
EFX for strength and endurance

BALANCE TRAINING
Continue with all balance activities from phase one
Advance balance/neuromuscular by variance of surface

MODALITIES
Ice 15-20 minutes

GOALS OF PHASE:
• Minimize pain with all exercise
• Enhance lower extremity strength and endurance
• Normalize dynamic balance, proprioception, and coordination
• Preparation for return to functional activities
Phase 3
Patello-Femoral Syndrome/Jumper’s Knee

EXERCISE

ROM
Continue with all stretching activity from previous phases

STRENGTH
Continue with all strengthening activity from previous phases
Increasing weight and repetition
Progressively increase resisted knee range of motion within a pain free arc
Continue with all eccentric quad/hamstring work
Bicycle for strength and endurance
EFX for strength and endurance
Advance all single leg activity within pain free range

BALANCE TRAINING
Continue with advanced balance, proprioception, and coordination training

RUNNING PROGRAM
Initiate running on a minitramp, progressing to treadmill as tolerated
Initiate jump rope for impact/endurance activity
Backward running

AGILITY PROGRAM
Initiate agility drills-carioca, high knee drills, short sprints, figure 8’s

FUNCTIONAL PROGRAM
Initiate sports specific drills
Initiate functional drills

MODALITIES
Ice 15-20 minutes as needed for pain and/or swelling

GOALS OF PHASE:
• Maximize lower extremity strength and endurance
• Maximize balance, proprioception, and coordination
• Minimize pain and swelling
• Return to functional activities
• Return to sports specific activities
Patello-femoral pain/syndrome is a common problem. With recognition of the problem and early intervention, this problem can be treated and allow for return to maximum performance and participation in sporting activities for a lifetime.