



**UNIVERSITY ORTHOPAEDIC CENTER, P.A.**

**Patellofemoral Rehab**

**Dr. Longobardi**

Rehab Specifications	Exercises/Intervention	Precautions
<ol style="list-style-type: none"> <li>1) Decrease pain and swelling with modalities as indicated</li> <li>2) Achieve full flexibility in entire LE</li> <li>3) Crutches may be used if abnormal gait is demonstrated</li> <li>4) Physician may order external support device or McConnell taping</li> <li>5) Instruct for proper use of ice after exercise</li> <li>6) Exercise should be performed in pain free ROM</li> <li>7) Crepitus may be present and may not resolve</li> </ol>	<ol style="list-style-type: none"> <li>1) Quad sets Use E-Stim or biofeedback for Quad/VMO facilitation</li> <li>2) Supine and prone SLR's</li> <li>3) Hip adduction</li> <li>4) Flexibility exercises for hams, ITB, Gastro-Soleus, Quads, hip rotators</li> <li>5) Progress isometric hold for quads in pain free ROM using opposite leg or multi-angle isometrics</li> <li>6) Standing TKE's using T-Band/tubing</li> <li>7) Calf raises</li> <li>8) Multi-hip machine for extensors and adductors</li> <li>9) Nordic Track</li> <li>10) Hydrotherapy program</li> <li>11) Progress w/ closed chain exercise as tolerated</li> </ol>	<ol style="list-style-type: none"> <li>1) Avoid excessive use of stairs</li> <li>2) Avoid excessive squatting or positions that apply direct pressure on the patella</li> <li>3) Check w/ MD regarding exercise bike, running, resistive weight training, and athletic participation.</li> <li>4) Monitor squat/bend mechanics to avoid valgus strain during the movement</li> </ol>

\*\*Home FES units can be administered if appropriate and approved

\*\*Dr Longobardi does not prefer treadmill or Stairmaster