

# PHYSICAL THERAPY PRESCRIPTION

**FRANK A. PETRIGLIANO, MD**

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY  
310.319.1234 APPT  
310.825.2126 OFFICE  
310.825.1311 FAX  
CA License: A90515



PATIENT STICKER

**DIAGNOSIS: ( LEFT / RIGHT ) PATELLOFEMORAL PAIN**

DATE : \_\_\_\_\_

**PATHOLOGY:** Lateral Tracking, Subluxation, Dislocation

**UNDERLYING PHILOSOPHY:** Minimize activities that involve high lateral tracking forces while stressing Quadriceps (VMO) strengthening

## **PATELLOFEMORAL PAIN AND INSTABILITY PHYSICAL THERAPY PRESCRIPTION**

### **RESISTED LEG RAISES**

- SLR @ 30 degrees
- Hip Adduction, Extension, Flexion
- Knee Flexion

### **PRE Progression – EMPHASIZE VMO STRENGTHENING (PERFORMED IN 90-30 ARC)**

- Multiple angle Isometrics
- Eccentric closed chain Isotonics
- Concentric closed chain Isotonics – i.e. Step-ups, Short arc squats
- Eccentric open chain Isokinetics
- Concentric open chain Isokinetics, submaximal
- Eccentric open chain Isotonics – i.e. Knee Extension
- Concentric open chain Isotonics, submaximal
- Concentric open chain Isotonics, maximal

\*\* Progress arc as tolerated in later stages of rehab

### **FLEXIBILITY EXERCISES**

- Achilles
- Hamstrings
- Lateral Hip/Thigh
- Lateral Retinacular stretching

### **OTHER THERAPEUTIC ACTIVITIES**

- Medial patellar mobilization
- EMG Biofeedback
- Assess for Patellar taping benefit
- Calf and Hip PRE's
- Muscle endurance activities
- Functional closed chain exercises for Static and Dynamic Patellar stabilization
- Nordic track
- Progress to Stairmaster / Versiclimber, short arc
- Cryotherapy and Modalities prn

**Physician's Signature:** \_\_\_\_\_

**Frank Petrigliano, MD, Attending Orthopaedic Surgeon, UCLA**