

## Patellofemoral Disorders

### Course Description:

Patellofemoral disorders (anterior knee pain) are commonly treated conditions in orthopedic practices. Patients are frequently referred to Physical Therapy for treatment related to non-operative and post-operative conditions associated with patellar instability, overuse syndromes, patellar compression syndromes, soft tissue lesions and direct trauma of the knee. This course is designed to provide the therapist with an understanding of patellofemoral problems in order to provide a comprehensive evaluation and use critical thinking to implement effective rehab protocols for selected disorders.

This course is offered with licensing approval and permission from Elsevier as reproduced from: Brotzman, MD and Wilk, PT, Clinical Orthopaedic Rehabilitation 2<sup>nd</sup> edition, Mosby, 2003. Chapter 4 Knee Injuries. Content was written by S. Brent Brotzman, MD with contributions from: John W. Brautigam, PT, ATC and William R. Post, MD.

Course content is 48 pages and includes many helpful illustrations, tables and photos.

### Course Objectives:

Course Participants will be able to:

- A. Describe clinical background and etiologies of patellofemoral pain
- B. Describe clinical pearls for patellofemoral pain
- C. Describe classifications of patellofemoral pain
- D. Describe evaluation of the patellofemoral joint
  1. Signs and symptoms
  2. Physical examination
  3. Radiographic evaluations
- E. Describe selected disorders of the patellofemoral joint
  1. Patellar Instability
    - a. Common findings
    - b. Rehabilitation protocols
    - c. McConnell Taping principles and techniques
  2. Describe Patellar Excess Pressure Syndromes (GPPS and ELPS)
    - a. Overview
    - b. Rehabilitation Protocols
  3. Describe Overuse Syndromes of the Knee (Patellar Tendonitis)
    - a. Overview
    - b. Etiology and classification
    - c. Rehabilitation Protocol

4. Describe Soft Tissue Lesions (Iliotibial Band Friction Syndrome)
  - a. Overview
  - b. History and exam
  - c. Predisposing factors
  - d. Rehabilitation protocol
5. Describe direct trauma injuries of the knee (Patellar Fracture)
  - a. Anatomy and background
  - b. Evaluation
  - c. Classification
  - d. Radiographs
  - e. Treatment and Rehabilitation Protocols

### **CEU Approvals:**

For information on specific state approval of this course, refer to the *On.Line PT CEUs* "About State Approvals" web page.