

UCLA OUTPATIENT REHABILITATION SERVICES	
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FOR APPTS, CALL: (310) 794-1323	
FAX: (310) 794-1457	
<b>Place label here</b>	
NAME OF PATIENT: _____	
MRN: _____	

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**PATELLOFEMORAL PAIN (0° - 30° ARC) PHYSICAL THERAPY PRESCRIPTION**

**Diagnosis: ( LEFT / RIGHT ) Knee Patellofemoral Pain**  
**Pathology: Excessive Compression Forces, Chondromalacia Patella**

**UNDERLYING PHILOSOPHY: Minimize compressive forces and exercise Quadriceps in pain-free arcs, advancing arc as tolerated.**

**RESISTED LEG RAISES**

- SLR @ 15° – Perform in neutral rotation with leg externally rotated
- Hip Adduction, Abduction, Extension, Flexion
- Knee Flexion

**PRE Progression (PERFORMED IN 30° - 0° 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
- Medial / Lateral Hip / Thigh
- Quadriceps
- Iliotibial Band
- Lateral Retinacular stretching, Medial glide

**OTHER THERAPEUTIC ACTIVITIES**

- Assess for Patellar taping benefit
- Retro ambulation
- Calf and Hip PRE's – emphasize Hip external rotation strength

- \_\_\_ Short crank bicycle
- \_\_\_ Electrical stimulation
- \_\_\_ Muscle endurance activities
- \_\_\_ Functional closed chain exercises for Quadriceps strengthening
- \_\_\_ Nordic track
- \_\_\_ Progress to Stairmaster / Versaclimber, short arc
- \_\_\_ Cryotherapy and Modalities prn

**Treatment:** \_\_\_\_\_ **times per week**                      \_\_\_\_\_ **Home Program**

**Duration:** \_\_\_\_\_ **weeks**

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Kristofer J. Jones, M.D., Attending Orthopaedic Surgeon**