



REHABILITATION PROTOCOL: NON-OPERATIVE PATELLOFEMORAL PAIN SYNDROME

DR. KEVIN SHEPET

- Hip abductor and Glute strengthening \Rightarrow must be able to perform one legged squat with knee control by discharge of therapy
- Hip/core strengthening \Rightarrow pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Iliotibial Band, hamstring, buttocks stretching \Rightarrow must develop a daily home program to continue after discharge from PT (foam roller)
- Hip abductor and adductor strengthening
- Calf stretching
- Patellar and soft tissue mobilization
- Knee proprioception with stairs and boxes

Dr. Kevin Shepet

(920) 430-4888 • 1970 S Ridge Rd, Green Bay, WI 54304 • www.bellin.org