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Non-Operative Patellofemoral Physical Therapy Protocol

- Avoid Patella irritation, need inflammation control prior to advancing to further strengthening
- BFR- for strengthening (Focus on quad, can include hamstring, hip abductors, adductors)
- Hip abductor and Gluteal strengthening → must be able to perform one-leg squat with knee control by discharge of therapy. Evaluate contralateral knee for one-leg squat control as well
- Hip/core strengthening → pelvis stabilization and biomechanics
- Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
- Posterior chain strengthening
- Iliotibial Band, hamstring, buttocks stretching → must develop a daily home program to continue after discharge from PT
- Hip abductor and adductor strengthening
- Calf stretching
- Patellar and soft tissue mobilization
- Knee proprioception with stairs and boxes