

Chondromalacia patella physiotherapy treatment pdf

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The physical therapist will evaluate the patient's mobility, flexibility and strength with the purpose of determining the underlying cause of the abnormal stress on the patella. Physical therapy consulting with a physiotherapist, osteopath or chiropractor is advised if you are experiencing pain in your knee. They will perform a full assessment on your knee to determine the cause of your pain and the treatment prescribed will then be based on their findings. Alignment or overuse problems of the patella can lead to wear and tear of the Rehabilitation Goals. The Chondromalacia patella specifically refers to a knee that has been structurally damaged, while the more generic term patello-femoral pain syndrome refers to the Introduction. The patella, or kneecap, can be a source of knee pain when it fails to function properly. Treatment for chondromalacia patella usually involves improving the Chondromalacia patella is a common knee problem that affects the patella and the groove it slides in over the femur (thigh bone). The Cochrane library and PubMed search related to physiotherapy treatment The best treatment for patellofemoral syndrome IS to avoid activities that compress the patella against the femur with force, This means avoiding going up and down stairs and hills, deep knee bends, kneeling, step-aerobics and high Impact aerobics Physical therapy is often recommended for treatment of pain and dysfunction associated with patellofemoral syndrome and chondromalacia of the patella. This action takes place at the patellofemoral joint Patellofemoral Pain Syndrome (PFPS) is a general category of anterior knee pain that is characterized as pain behind or around the patella, as a result of patella malalignment, altered patellofemoral (PF) joint forces and/or repetitive stress to the area. Restore patellar, lower extremity mobility (including hip and ankle) Restore tolerance to full motion. Also known as Runner's Knee, chondromalacia patella, retropatellar pain syndrome Minimize arthrogenic This review analyses the evidence based physiotherapy management of Chondromalacia patellae. Reduce any swelling, minimize pain. Physical therapy is often recommended for treatment of pain and dysfunction associated with patellofemoral syndrome and chondromalacia of the patella.

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