Title: Implementing Current Best Evidence for Physical Therapy Management of Patients with Patellofemoral Pain Syndrome and Patellofemoral Joint Osteoarthritis

Course Description: Currently, there is much controversy in the literature and among clinicians regarding the most valid diagnostic tests, mechanisms of pathology, risk factors for, and best PT intervention to treat patellofemoral pain syndrome (PFPS). Additionally, it has recently been documented that the prevalence of patellofemoral joint (PFJ) osteoarthritis (OA) may be greater than that of tibiofemoral joint OA, but very little is known about how to clinically diagnose and treat this escalating diagnosis outside of tricompartmental arthroplasty. This presentation will include lecture and lab components. The first lecture will deliver a condensed version of what the current findings are regarding diagnosis and management of PFPS, including discussion of the validity of diagnostic tests and commonly used interventions, and proposed mechanisms of pathology including a proposed Treatment-Based Classification System. The lab component will include demonstrations and opportunities to practice evidence-based diagnostic tests and measures and intervention techniques, including therapeutic exercise and manual therapy. This will be followed by a lecture on the emerging evidence surrounding PFOA, including prevalence, incidence, risk factors and the diagnostic utility of clinical tests and measures, as well as a discussion of potential non-invasive treatment approaches.

Course Learning Objectives (3-5 objectives recommended): Upon completion of this session, participants will demonstrate the ability to:
1. Perform a hypothesis-driven evidence-based examination of a patient with patellofemoral pain based on history and test of function.
2. Identify what treatment category a patient may fit into based on exam findings.
3. Implement an evidence-based intervention including exercise and manual therapy with consideration of a patient’s unique exam findings and task analysis.
4. Describe the prevalence and incidence of PFJ OA
5. Identify risk factors for PFJ OA
6. Implement evidence-based intervention for patients with PFJ OA

Instructional Level:
Basic ________ Intermediate __ X ______ Advanced __________ Multiple ____________

Instructional Format (indicate approx. percentage)
☐ Lecture  ☐ Lab  X Combination __ 50% lecture, 50% lab ____________

Tentative Outline of time and content:
Lecture I: 60 minutes
-Background and mechanisms of pathology, including sex differences: 10 minutes
-Evidence-based critique of commonly used diagnostic tests (including, but not limited to): Q angle, patellar tilt, step-down test, VMO/VL EMG activity; pain and sensation testing: 10 minutes

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- Evidence surrounding potential classification for PFPS: 10 minutes

- Evidence for intervention techniques: therapeutic exercise, patellar taping, manual therapy, gait training, orthoses: 15 minutes

**Lab component:** 60 minutes

- Functional exam: 5 minutes

- Examination techniques: 20 minutes

- Manual and manipulation techniques: 20 minutes

- Exercise: 15 minutes

Lecture II: 60 minutes

- Prevalence and incidence of PFJ OA

- Risk factors for PFJ OA (proximal, local, distal)

- Evidence based treatments for PFJ OA

**Key References:**


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