



*Musculoskeletal*

## **How to manage patellofemoral treatment?**

Combining findings from systematic reviews with clinical reasoning from clinicians

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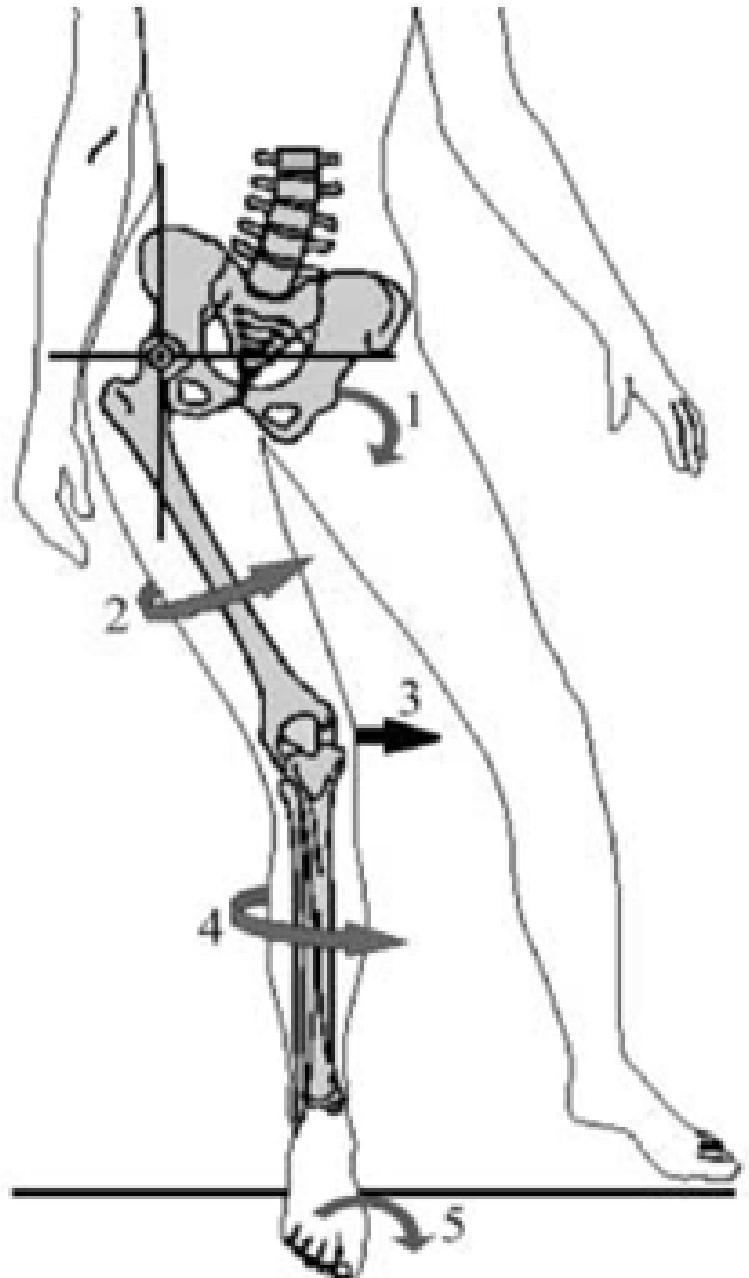
To date a broad body of literature on patellofemoral treatment exists. But although the quality of the existing systematic reviews is high, they all rely solely on research findings and clinical experience is not taken into account. This study analysed findings from 13 high quality systematic reviews and combined them with the results of semistructured interviews with 17 experts (at least 5 years of clinical experience with PFP as a specialist focus, actively involved in PFP research).

They revealed the strongest evidence for a multimodal intervention, including:

- Patient education: emphasis on active over passive interventions
- Quadriceps and gluteal exercise: focusing on core and distal strengthening and movement pattern/gait retraining. Experts also recommended to limit the number of exercises in total to approximately 3-4, in order to ensure compliance.
- Manual therapy
- Taping: facilitation of pain reduction in early stages of rehabilitation, as immediate pain relief should be regarded as a priority to gain patient trust.

Furthermore, they found evidence supporting use of foot orthoses and acupuncture. Stretching of the calf, hamstring and quadriceps can be used in the treatment, based on individual assessment.

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