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**Patient Name:**

**Date:**

**Knee Rehabilitation:  
Patellofemoral pain / Patellar maltracking**

*Underlying philosophy:* Minimize compressive forces and exercise quadriceps in pain-free arcs, advancing arc as tolerated.

**Resisted leg raises**

- SLR at 15° - Perform in neutral rotation and with leg externally rotated
- Hip adduction, abduction, extension, flexion
- Knee flexion

**PRE Progression**

- Multiple angle isometrics
- Eccentric closed chain isotonic
- Concentric closed chain isotonic i.e. step-ups, short arc squats
- Eccentric open chain isokinetics → Performed in 30-0° arc
- Concentric open chain isokinetics, submaximal
- Eccentric open chain isotonic i.e. knee extension
- Concentric open chain isotonic, submaximal
- Concentric open chain isotonic, maximal
- Progress arc as tolerated in later stages of rehab.

**Flexibility Exercises**

- Achilles
- Hamstrings
- Medial/Lateral hip/thigh
- Quadriceps
- Iliotibial band
- Lateral retinacular stretching/medial glide

**Other Therapeutic Activities**

- Assess for patellar taping benefit
- Retro ambulation
- Calf and hip PRE's - emphasize hip external rotation strength
- Short crank bicycle
- Electrical stimulation
- Muscle endurance activities
- Functional closed chain exercises for quadriceps strengthening
- Nordic track
- Progress to Stairmaster/Versaclimber, short arc
- Cryotherapy and modalities PRN

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_

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