



Peak Physical Therapy and Wellness Newsletter

PHYSICAL THERAPY FOR PATELLOFEMORAL PAIN

A recent study out of Australia that was randomized, double-blinded, and placebo controlled, confirmed the benefit of physical therapy for patellofemoral pain patients. All patients in the experimental group had at least one month of patellofemoral pain. Physical therapy was performed once per week for six weeks. The participants (N=33) demonstrated the following improvements: a significant decrease in worst pain and usual pain, and improvements in function over the control group. Interventions for the experimental group included quadriceps muscle retraining, patellofemoral joint mobilization, and patellar taping, and daily home exercises.

Crossley K, Bennell K, Green S, Cowan S, McConnell J Physical therapy for patellofemoral pain: a randomized, double-blinded, placebo-controlled trial. Am J Sports Med 2002; 30(6): 857-865

Physical therapy can help reduce your patient's knee pain and improve their function. Here is a testimonial from a physical therapy patient:

PATIENT TESTIMONIAL

I had over nine months of knee pain. After six weeks of physical therapy, the pain in the front of my knee has gone away and I am able to exercise again. I was afraid that I wasn't going to be able to exercise again and I was getting depressed. I really appreciate what my therapist has done for me.

Laura R



Coming Soon

A reliable solution for neck pain.

Our Services

Sports Medicine
Spine Care Program
Orthopedic Rehab
Post Surgical Rehab
Neurological Rehab
CardioPulm. Rehab
Gait/Balance Program
Work Related Rehab
Computerized Gait
Transitional Fitness
Personal Training
Massage Therapy
Wellness Coaching

Clinics

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"...a randomized, controlled study proving that physical therapy helps with patellofemoral pain."