

A Study Supporting PT for Patello-femoral Pain

Reference: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 Nov-Dec;30(6):857-65.

This is an excellent randomized, double blind, placebo controlled clinical trial published in The American Journal of Sports Medicine providing significant evidence for Physiotherapy intervention for individuals with Patello-femoral pain (PFP).

67 patients with PFP of greater than one-month were randomly allocated to either the placebo or the PT intervention group.

The PT group received 6 treatments including quads and gluteal retraining with home exercises, patellar mobilizations and specific patellar taping.

The placebo group also received treatments of sham ultrasound, light application of a non-therapeutic gel and placebo taping.

Result:The patients in the Physical therapy group had SIGNIFICANTLY greater improvements in average pain and disability scores than the unfortunate patients in the placebo group.

Credit for the above review: Bahram Jam, PT (APTEI)