Mindluster Platform

About the course Patellofemoral Pain Syndrome and Treatment

Patellofemoral Pain Syndrome course, in this course we will learn about Patellofemoral Pain Syndrome (PFPS), a common knee condition characterized by pain around or behind the patella (kneecap). Participants will explore the etiology, risk factors, and biomechanical factors contributing to PFPS. Additionally, we'll delve into assessment techniques, including physical examination maneuvers and imaging studies, for accurate diagnosis. Treatment modalities such as exercise therapy, biomechanical interventions, and patient education will be discussed to effectively manage PFPS and improve patient outcomes. This course aims to equip healthcare professionals with comprehensive knowledge and skills to diagnose, treat, and prevent Patellofemoral Pain Syndrome in clinical practice.

Medical Category's Courses

Course Lesson(42)

Lesson 1 : **Modified Lachman s Test On a patient with a COMPLETE ACL TEAR**

Lesson 2 : **Lachman s Test On a patient with a COMPLETE ACL TEAR**

Lesson 3 : **Osgood Schlatter Disease Patella Femoral Bracing Options**

Lesson 4 : **Valgus Stress Test of the Knee at 0 and 30 degrees**

Lesson 5 : **Varus Stress Test of the Knee at 0 and 30 degrees**

Lesson 6 : **Apprehension Sign of the Knee**

Lesson 7 : **Clarke s Test of the Knee**

Lesson 8 : **McMurray s Test of the Knee**

Lesson 9 : **Noble Compression Test**

Lesson 10 : **Osgood Schlatter Evaluation**

Lesson 11 : **Ober s Test for the Knee**

Lesson 12 : **Positive Brush Test for Knee Swelling ACL tear**

Lesson 13 : **2 day old ACL TEAR Evaluation**

Lesson 14 : **Modified McMurray s Test**

Lesson 15 : **3rd ACL TEAR Brief Evaluation**

Lesson 16 : **Lachman s Test Evaluation Tips**

Lesson 17 : **Knee effusion positive brush test and intra articular knee injury eval**

Lesson 18 : **Identifying Quad Shutdown and How to Treat it in 5 minutes**

Lesson 19 : **Orthopedic Knee Evaluation with Paul Marquis PT**

Lesson 20 : **How to explain to a patient how the ACL functions**

Lesson 21 : **MCL Evaluation with Paul Marquis PT**

Lesson 22 : **Deep Tendon Reflex in Slow Motion**

Lesson 23 : **Ottawa Knee Rules To x ray or not to x ray**

Lesson 24 : **Reverse Pivot Shift Demonstration Video on ACL Deficient Patient**

Lesson 25 : **ACL Evaluation Positive Lachman s Test Positive Reverse Pivot Shift Test**

Lesson 26 : **Reverse Pivot Shift Test in Slow Motion**

Lesson 27 : **Patellofemoral Pain Syndrome Evaluation and Treatment**

Lesson 28 : **Knee Evaluation with Paul Marquis PT**

Lesson 29 : **Blood Clot DVT in the Calf Actual Patient Presentation**

Lesson 30 : **Valgus Stress Test of the Knee Positive Test**

Lesson 31 : **Varus Stress Test Video**

Lesson 32 : **Ballottement Test for Effusion in the Knee**

Lesson 33 : **Knee Evaluation of Patient with an ACL Tear**

Lesson 34 : **Lachman s Test in Slow Motion**

Lesson 35 : **Popliteus Tendon Evaluation Back of the knee pain**

Lesson 36 : **Meniscus Tear Evaluation 5 Most Common Signs and Symptoms**

Lesson 37 : **Knee Pain and Snapping Evaluation**

Lesson 38 : **Quad Rupture Assessment PT Exam**

Lesson 39 : **Patella Tendon Rupture Evaluation**

Lesson 40 : **Knee Swelling The Brush Test**

Lesson 41 : **Proximal Fibular Fracture clinical exam**

Lesson 42 : **Signs Of An ACL Tear What You Need To Know**

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