Mindluster Platform

About the course Patellofemoral Pain Treatment

Patellofemoral Pain Treatment course, in this course we will explore various treatment approaches for addressing Patellofemoral Pain Syndrome (PFPS). Participants will delve into conservative management strategies such as physical therapy, strengthening exercises, bracing, taping techniques, and modifications in activity levels. Additionally, we will discuss the role of orthotics, footwear modifications, and corticosteroid injections in managing PFPS symptoms. Through case studies and evidence-based practices, learners will gain insights into personalized treatment plans tailored to address the underlying factors contributing to PFPS and improve patient outcomes.

Medical Category's Courses

Course Lesson(76)

Lesson 1 : **Quadriceps Repair 3 Weeks Post Op**

Lesson 2 : **Quadriceps Rupture Evaluation Acute Tear**

Lesson 3 : **Big Toe Weakness Peroneal Nerve Palsy vs L5 Nerve Root Compression**

Lesson 4 : **3rd ACL TEAR Brief Evaluation**

Lesson 5 : **Modified Lachman s Test On a patient with a COMPLETE ACL TEAR**

Lesson 6 : **Lachman s Test On a patient with a COMPLETE ACL TEAR**

Lesson 7 : **Osgood Schlatter Disease Patella Femoral Bracing Options**

Lesson 8 : **Valgus Stress Test of the Knee at 0 and 30 degrees**

Lesson 9 : **Varus Stress Test of the Knee at 0 and 30 degrees**

Lesson 10 : **Ortho Eval Pal Podcast Episode 004 3 Causes of QUADRICEPS shutdown**

Lesson 11 : **Osgood Schlatter Evaluation**

Lesson 12 : **Ober s Test for the Knee**

Lesson 13 : **Proximal fibular fracture clinical exam with OrthoEvalPal**

Lesson 14 : **Flexed knee gait after an ACL tear**

Lesson 15 : **2 day old ACL TEAR Evaluation**

Lesson 16 : **Episode 006 â€“ Patellar Tendinitis vs Tendinopathy**

Lesson 17 : **Modified McMurray s Test**

Lesson 18 : **Positive Brush Test for Knee Swelling ACL tear**

Lesson 19 : **Knee Arthritis Ortho Clinical Exam**

Lesson 20 : **Osgood Schlatter s Functional Squat**

Lesson 21 : **Medial knee collapse Simple Treatment Strategy**

Lesson 22 : **Osgood Schlatters 5 years later**

Lesson 23 : **Medial Knee Joint Unloader brace Who is the right candidate for it**

Lesson 24 : **How to OPTIMIZE knee flexion passively**

Lesson 25 : **SLR the right way with Paul Marquis PT**

Lesson 26 : **Knee extension Why is it so important**

Lesson 27 :
Dupuytren s Adhesive Capsulitis Knee Arthrofibrosis What do they have in common Episode 58

Lesson 28 : **Optimizing knee extension with the Knee x tend**

Lesson 29 : **Lachman s Test Evaluation Tips**

Lesson 30 : **Knee effusion positive brush test and intra articular knee injury eval**

Lesson 31 : **Identifying Quad Shutdown and How to Treat it in 5 minutes**

Lesson 32 : **Orthopedic Knee Evaluation with Paul Marquis PT**

Lesson 33 : **Quadriceps contraction with Biofeedback**

Lesson 34 : **MCL Evaluation with Paul Marquis PT**

Lesson 35 : **How to Treat an Arthrofibrotic Knee in Physical Therapy**

Lesson 36 : **Ottawa Knee Rules To x ray or not to x ray**

Lesson 37 : **Reverse Pivot Shift Demonstration Video on ACL Deficient Patient**

Lesson 38 : **ACL Evaluation Positive Lachman s Test Positive Reverse Pivot Shift Test**

Lesson 39 : **Reverse Pivot Shift Test in Slow Motion**

Lesson 40 : **Patellofemoral Pain Syndrome Evaluation and Treatment**

Lesson 41 : **Knee Evaluation with Paul Marquis PT**

Lesson 42 : **Increasing Knee Motion for Knee Stiffness with OrthoEvalPal**

Lesson 43 : **ACL Injury Update Interview with Orthopedic Specialist Dr Eric Hoffman**

Lesson 44 : **Osgood Schlatter s Disease What is it Who Gets it How to Treat it**

Lesson 45 : **Lateral Patella Compression Syndrome LPCS**

Lesson 46 : **Valgus Stress Test of the Knee Positive Test**

Lesson 47 : **Varus Stress Test Video**

Lesson 48 : **Plica Syndrome Evaluation of the Knee**

Lesson 49 : **Prepatellar Bursitis Anterior knee pain and swelling**

Lesson 50 : **Pes Anserine Bursitis Tendinitis Evaluation**

Lesson 51 : **Patella Mobilizations with Paul Marquis PT**

Lesson 52 : **Ballottement Test for Effusion in the Knee**

Lesson 53 : **Knee Evaluation of Patient with an ACL Tear**

Lesson 54 : **Lachman s Test in Slow Motion**

Lesson 55 : **Biofeedback for Quadriceps Suppression**

Lesson 56 : **How to Walk with Crutches Non Weight Bearing**

Lesson 57 : **How to Walk with Crutches Partial Weight Bearing**

Lesson 58 : **Getting Out of a Chair with Crutches**

Lesson 59 : **Crutch Fitting Instructions**

Lesson 60 : **How to Walk with One Crutch**

Lesson 61 : **How To Do Stairs with Crutches**

Lesson 62 : **Popliteus Tendon Evaluation Back of the knee pain**

Lesson 63 : **Meniscus Tear Evaluation 5 Most Common Signs and Symptoms**

Lesson 64 : **Knee Arthritis 5 Most Common Signs You Have It**

Lesson 65 : **Knee Pain and Snapping Evaluation**

Lesson 66 : **Knee Numbness after Knee Surgery**

Lesson 67 : **Quad Rupture Assessment PT Exam**

Lesson 68 : **Knee Arthritis Exercises and Stretches**

Lesson 69 : **Hoffa s Test for Infrapatellar Fat Pad Syndrome**

Lesson 70 : **Understanding Knee Buckling**

Lesson 71 : **Knee Hyperextension Exercises for Strengthening and Preventing Injury**

Lesson 72 : **Patella Tendon Rupture Evaluation**

Lesson 73 : **Knee Swelling The Brush Test**

Lesson 74 : **Compression Knee Sleeves**

Lesson 75 : **Proximal Fibular Fracture clinical exam**

Lesson 76 : **Signs Of An ACL Tear What You Need To Know**

Related courses

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