

EXAMINATION OF THE PATELLOFEMORAL JOINT

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ABSTRACT

Patellofemoral pain is one of the leading causes of knee pain in athletes. The many causes of patellofemoral pain make diagnosis unpredictable and examination and treatment difficult. This clinical commentary discusses a detailed physical examination routine for the patient with patellofemoral pain. Critically listening and obtaining a detailed medical history followed by a clearly structured physical examination will allow the physical therapist to diagnose most forms of patellofemoral pain. This clinical commentary goes one step further by suggesting an examination scheme and order in which it should be performed during the examination process. This step-by-step guide will be helpful for the student or novice therapist and serve as review for those that are already well versed in patellofemoral examination.

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