**Patellofemoral Syndrome Screening Form**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: |  | Age: |  |  |  | Male |  | Female |

Pain:

How long have you had pain: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location of Pain:

* Left
* Right
* Both

Place a mark on the line to indicate how bad you feel your pain has been over the past month.


Left Knee Right Knee

Aggravating Factors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Easing Factors: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Level of function prior to injury: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Athletic History: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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List any recent changes in your training schedule or footwear: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do any of the following activities causes you pain?

* Ascending stairs
* Descending Stairs
* Cutting (sudden turns)
* Cycling
* Getting up from a chair
* Hopping
* Jumping
* Kneeling
* Running
* Sitting for a long time
* Squatting
* Walking

Have you experienced any of the following with you knee(s)?

* Catching
* Giving way
* Locking
* Grinding
* Popping
* Dislocated knee cap

Observations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Standing Assessment**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Varus  |  |  |  |
| Valgus |  |  |  |
| Tibial Torsion |  |  |  |
| Femoral Antetorsion |  |  |  |
| Knee Hyperextension |  |  |  |
| Squinting Patella |  |  |  |
| Step Up Test |  |  |  |
| Step Down Test |  |  |  |
| Rear-foot angle |  |  |  |

**Dynamic Gait Assessment**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Subtalar Pronation |  |  |  |
| Subtalar Supination |  |  |  |
| Trendelenburg Sign |  |  |  |
| Tibial Rotation |  |  |  |
| Femoral Rotation |  |  |  |
| Q Angle |  |  |  |
| Patella mechanics |  |  |  |

**Sitting Exam**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Patella Orientation |  |  |  |
| Hip ER Strength |  |  |  |
| Hip IR Strength |  |  |  |
| Quads Strength |  |  |  |
| Hamstrings Strength |  |  |  |

**Supine Exam**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Active/Passive Knee ROM |  |  |  |
| VMO Coordination test |  |  |  |
| Patella Mobility/Laxity |  |  |  |
| Patellar Tracking |  |  |  |
| Patellar Tilt |  |  |  |
| Clarke’s Test (Patellar Grind) |  |  |  |
| Leg Length |  |  |  |
| 90-90 Test (hamstring flexibility) |  |  |  |
| Valgus Stress Test |  |  |  |
| Varus Stress Test |  |  |  |
| McMurray Test |  |  |  |
| Lachman Test |  |  |  |
| Anterior Draw |  |  |  |
| Posterior Draw |  |  |  |
| Posterior Sag Sign |  |  |  |
| Patellar Apprehension  |  |  |  |
| Thomas Test (iliopsoas flexibility) |  |  |  |
| Pivot Shift Test |  |  |  |
| Medial Plica test |  |  |  |

**Side-lying**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Ober test (TFL and ITB flexibility) |  |  |  |
| Hip Abductor strength |  |  |  |
|  |  |  |  |

**Prone exam**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Right | Left | Notes |
| Hip Extensor strength |  |  |  |
| Apley’s Compression |  |  |  |
| Apley’s Distraction |  |  |  |
| Gastroc/Soleus flexibility |  |  |  |
| Rarefoot posture (varus/valgus) |  |  |  |
| Ely’s Test (rectus femoris flexibility) |  |  |  |
| Femoral anteversion |  |  |  |
| Femoral retroversion |  |  |  |
|  |  |  |  |

**Differential Diagnoses**

|  |  |
| --- | --- |
| **Diagnosis** | **Tests that would rule in the diagnosis** |
| ACL injury | + Lachman’s test, + Anterior Drawer test, + Pivot Shift test |
| PCL Injury | + Posterior Drawer test, + Posterior Sag Sign |
| Meniscus Injury | + McMurray’s test, – Apley’s Distraction, + Apley’s Compression |
| Condromalacia | + Clark’s test, + Patella grind test, Tight ITB, Pain with prolonged sitting, Grinding of the knee with flexion and extension |
| MCL Injury | + Apley’s Distraction test (excess motion/pain with external rotation), + Valgus stress test |
| LCL Injury | + Apley’s Distraction test (excess motion/pain with internal rotation), + Varus stress test |
| Plica Syndrome | + Medial Plica test, Pain with palpation along medial edge of patella, Audible clicking in the knee with flexion/extension, No other notable findings on exam |
| ITB Friction | + Ober test, Subjective reports of changes in training schedule such as increased mileage, altered terrain, or change in shoes  |

**Diagnosis Based on Physical Exam**

|  |  |
| --- | --- |
| Patella Instability | * Female
* Patella alta
* Knee buckling or giving way
* Femoral anteversion and/or external tibial torsion
* Squinting patellae
* Q angle > 20 degrees
* Pain with lateral movement of patella
* + Apprehension test (laterally)
* + Thomas test (tight rectus femoris)
* Weakness of quad muscles (knee extensors)
* Recurrent subluxation of the patella
* Patella hypermobility
 |
|  |  |
| Patella Malalignment | * Female
* Joint laxity
* Quadriceps and VMO weakness/atrophy
* Restricted gliding of the patella either medially or laterally
* Tight passive lateral structures (ITB and lateral retinaculum) with patella tilt test
 |
| Excessive knee valgus (STJ Pronation) | * Tibial abduction during step down test
* Increased rearefoot angle
* Excessive STJ pronation durance stance phase of gait
* Assess for cause of STJ pronation
	+ STJ pronation could be due to:
		- Forefoot varus
		- Tight calf muscles
		- Tibial varum
 |
|  |  |
| Excessive Knee Valgus ( Hip Weakness) | * Trendelenburg sign
* Femoral adduction or internal rotation while tibia remains vertical during step down test
* Weakness in the hip musculature during MMT
	+ Gluteus maximus and gluteus medius
 |