

PATELLOFEMORAL SYNDROME

A COMPREHENSIVE APPROACH TO COMMON KNEE PROBLEMS



Patellofemoral pain syndrome (PFPS) is the most common cause of knee pain in the outpatient setting. It is caused by imbalances in the forces controlling patellar tracking during knee flexion and extension, particularly with overloading of the joint. This continuing education course will assist the participant to evaluate and then classify PFS into a treatment-based category. Learn the predisposing factors associated with PFS as well as the most up-to-date evaluation and treatment strategies and exercise.

Upon completion of this course, you will be able to:

- Understand the anatomy and kinesiology of the knee.
- Understand the new research that drives conservative care for patella femoral syndrome.
- Develop creative and innovative interventions for common knee problems.
- Apply functional scores and outcome measures of the knee.
- Consider two separate classification systems of patellofemoral syndrome.
- Review accepted treatment approaches to common knee problems.
- Identify key dysfunctions that will respond to Physical Therapy treatment plans.
- Learn useful manual therapy techniques that could improve pain and function in patients with knee problems.
- Identify patients who have been misdiagnosed with patellofemoral syndrome and provide the right treatment or appropriate referrals.

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Contact Hours : 6 Hours / 6 PDR

Teaching Method : Online Independent Self-Study (Training + Post-Test). Need Computer & Internet Access.

Target Audience: PTs, PTAs, OTs, OTAs, Nursing and Other Healthcare Professionals

Cost: \$40 / Participant

Course Completion Certificate : A Printable (Pdf) Certificate By Email / Mail (If Requested, we will mail printed certificate at no additional cost)

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