



ALASKA NATIVE MEDICAL CENTER



KNEE-PATELLO FEMORAL PAIN

Diagnostic/Treatment Recommendations:

- Prolonged rehabilitation initiated in physical therapy is the mainstay of treatment
- Anti-inflammatories may help an acute flare.
- Patellofemoral Pain Syndromes

Patient Handouts:

- Patellarfemoral Pain
- Knee Fact Sheets, Booklets and Brochures

Referral Guidelines:

- Please obtain 3 views of knee including patella views- Does not need MRI
- Patients should be referred if not improved after 8 weeks of conservative care