



New Life News

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Knee Pain

Hip Strength in Females with and without Patellofemoral Pain

Throughout the past few years, decreased hip strength has been thought to be a contributing factor to lower extremity malalignment and patellofemoral pain. The ability to identify these consistent patterns of weakness can and will assist clinicians in the care of their patients with anterior knee pain.

This study was a cross-sectional design to determine if females with anterior knee pain were more likely to have hip abduction and hip external muscle weakness, compared to asymptomatic females.

The results showed that patients with anterior knee pain had 26% less hip abduction strength and 36% less hip external rotation strength compared to similar age-matched women.

In conclusion, these results show that women with patellofemoral pain are more likely to demonstrate weakness in hip abduction and external rotation strength. Thus, these are important aspects to consider while treating a patient with anterior knee pain.

Hip Strength in Females with or without Patellofemoral Pain. *J Orthop Sports Phys Ther.* 2003; 33:671-676

Patellofemoral Kinematics during Weight-Bearing and Non-Weight Bearing Knee Extension in Persons with Lateral Subluxation of the Patella: A Preliminary Study

This study's purpose was to determine joint kinematic differences between weight bearing and non-weight bearing activities during knee extension with persons with lateral subluxations of the patella. Previous research had only investigated the kinematics of the knee in static positions. Therefore, this study will investigate the effects of weight bearing verses non-weight bearing activities in dynamic activities.

This study was set up as a single-group, repeated measure design. Overall, the study concluded that lateral patellar displacement was greater with non-

weight bearing knee extension compared to weight bearing knee extension. This study also described the patellofemoral kinematics for non-weight bearing as being the patella rotating on the femur, while the weight bearing kinematics were described as the femur rotating under the patella.

Conclusion for Rehab: Rehabilitation should utilize weight bearing activities focusing on controlling the femur not just the patella.

Patellofemoral Kinematics during Weight Bearing and Non-Weight Bearing Knee Extension in Persons with Lateral Subluxation of the Patella: A Preliminary Study. *J Orthop Sports Phys Ther* 2003; 33:677-685.



Matthew J. VanderKooi PT, MS, COMT

Matt is the proud owner of New Life Physical Therapy Services, LLC. He has been working with inpatients and outpatients of the Portage area for the last 8 ½ years. During the past 7 years, Matt has become a *Certified Orthopedic Manipulative Physical Therapist*. This allows Matt to evaluate the necessity of adding a spinal or peripheral manipulation to a patient's functionally based physical therapy treatment plan. In today's world of time and insurance constraints, Matt has learned the ability to obtain maximum patient benefit from a minimum investment of time and resources.

Brian M. Doolan, MPT, CSCS

In December 2002, Brian graduated from the UW-Madison with his Master of Physical Therapy degree. During his time at UW-Madison, Brian also received his *Certified Strength and Conditioning Specialist* certificate (CSCS). This allows Brian to assist his patients, young and old, to return to full function via a complete whole body exercise program.

In addition to his CSCS certificate, Brian is studying to become a Certified Orthopedic Manipulative Physical Therapist. Brian looks forward to using his knowledge to help your patients return to their normal lives.