



5 steps to assess Patellofemoral Pain (PFP)

within 10 minutes

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5 steps to assess Patellofemoral Pain

Nº1 Gradual onset of pain and the absence of trauma

Nº2 Pain located around or behind the patella

Nº3 Pain provoked by the following activities:

- Squatting or lunging
- Stair ambulation
- Hopping or jumping
- Running
- Prolonged sitting

Nº4 Pain reproduced during:

- Single leg squat
- Palpation of the retropatellar facets
- Patellar compression test

Nº5 You may observe:

- Joint crepitus
- A small effusion

Top Tips

- Foot & hip movement pattern (is the knee in line with the hip and foot?)
- Hip and knee strength (are they weak in the hip and knee muscles?)
- Patient activity levels (have they done too much too soon?)
- Psychosocial factors (do they report increased anxiety and depression due to their knee pain?)

Red Flags

- Joint effusion / haemarthrosis
- Giving way
- Locking or catching
- Non mechanical features (e.g. pain at rest)