PHYSICAL IMPAIRMENTS IN PATELLOFEMORAL PAIN

Natalie Collins, PhD, APA Sports Physiotherapist School of Health & Rehabilitation Sciences, The University of Queensland, Australia

💟 @natj_collins

HE UNIVERSITY

PATELLOFEMORAL Joint Stress













Local impairments														
altered quadriceps neuromuscular control														
VMO onset is delayed relative to VL in people with PFP Chester et al, 2008, BMC Musculoskel Dis, 9:64														
0	AK	P patier	nt Total	Cont	rol patie	ent	Mean Difference Mean Difference							
Study or Subgroup	Mean	SD	Total	Mean	SD	lotal	Weight IV, Hixed, 95% CI IV, Hixed, 95% CI							
Relies 2006	22.20	20.06	14	61.01	00 7		84 20 (45 12 122 27)							
Brindle 2003	.17.5	22.80	16	-01.01	20.02	12	3 80 524 11 16 511							
Cowan 2001	15.8	29.03	33	0	18.06	33	15 80 14 14 27 461							
Cowan 2002a	16.58	19	10	-15.92	17.32	12	32.50 [17.18, 47.82]							
Crossley 2004	16.66	17.16	47	-2.06	1.55	18	18.72 [13.76, 23.68]							
McClinton 2007	-9.6	19.88	20	-3.32	17.84	20	-6.28 [-17.99, 5.43] 12 03 ms (-0 17 to 24 23)							
1.1.2 Stair descent							12.03 ms (-0.17 to 24.23)							
Boling 2006	50.56	81.96	14	-56.97	54.76	14	107.53 [55.90, 159.16]							
Brindle 2003	60.2	35.37	16	27.9	32.92	12	32.30 [6.86, 57.74]							
Cowan 2001	19.39	24.52	33	-4	30.97	33	23.39 [9.91, 36.87]							
Cowan 2002a	19.71	15.81	10	-12.86	27.71	12	32.57 [14.08, 51.06]							
Crossley 2004	19.07	17.11	47	-0.37	5.7	18	19.44 [13.88, 25.00] 21.33 ms (16.47 to 26.19) 100 -50 0 50 100 Vito -50 0 50 100							

Local impairments													
altered quadriceps neuromuscular control													
Delayed onset of VMO vs VL was a risk factor for PFP development delay 20-35ms = RR 1.62 to 2.07 Van Tiggelen D et al, 2009, Am J Sports Med, 37(6):1099-1105													
Study or Subgroup 1.1.1 Stair ascent Boing 2006 Brindle 2003 Covan 2001 Covan 2002a Crossiey 2004 McClinton 2007 1.1.2 Stair descent	AK Mean 22.39 -17.5 15.8 16.58 16.66 -9.6	P patient SD 29.06 22.89 29.03 19 17.16 19.88	14 16 33 10 47 20	Cont Mean -61.81 -13.7 0 -15.92 -2.06 -3.32	68.7 29.92 18.06 17.32 1.55 17.84	nt Total Weigt 14 12 33 12 18 20	Mean Difference IV, Fixed, 95% Cl 84.20 [45.13, 123.27] -3.80 [24.11, 16.51] 15.80 [24.14, 27.46] 32.50 [17.18, 47.82] 18.72 [13.76, 23.68] -6.28 [-17.99, 5.43]	Mean Difference IV, Fixed, 55% Cl 12.03 ms (-0.17 to 24.23)					
Boling 2006 Brindle 2003 Cowan 2001 Cowan 2002a	50.56 60.2 19.39 19.71	81.96 35.37 24.52 15.81	14 16 33 10	-56.97 27.9 -4 -12.86	54.76 32.92 30.97 27.71	14 12 33 12 functio	107.53 [55.90, 159.16] 32.30 [6.86, 57.74] 23.39 [9.91, 36.87] 32.57 [14.08, 51.06]	esent					
before PFP onset, and persist													







































