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PATELLOFEMORAL SYNDROME (PFS)

A. ACTIVITY LEVEL:

MINIMIZE ALL SQUATTING AND LUNGING. IF THESE ACTIVITIES ARE NECESSARY FOR EXERCISE OR ACTIVITY, THEN TRY TO AVOID FLEXING YOUR KNEE PAST 30 DEGREES. MINIMIZE ACTIVITIES WHICH REQUIRE GOING UP INCLINES AND DOWN DECLINES, AND TRY TO MINIMIZE CLIMBING AND DESCENDING STAIRS.

B. ICE:

ICE SHOULD BE USED FOR FIFTEEN MINUTES AT A TIME AFTER INCREASED ACTIVITIES OR WHENEVER YOUR KNEE IS HAVING AN AGGRAVATION OF ITS SYMPTOMS.

C. HEAT:

HEAT SHOULD BE USED PREDOMINANTLY WHEN AT REST ALSO FOR FIFTEEN MINUTES.

D. ANTI-INFLAMMATORIES:

ANTI-INFLAMMATORIES CAN BE TAKEN IF YOUR MEDICAL CONDITION ALLOWS AND YOUR GASTROINTESTINAL TRACT CAN TOLERATE THESE. THESE CAN BE TAKEN IN THE FORM OF ALEVE OR ADVIL/MOTRIN. ALEVE IS TAKEN AS TWO PILLS FOR A TOTAL OF 440 MG TWICE A DAY. IBUPROFEN WHICH IS MOTRIN OR ADVIL IS TAKEN ANYWHERE FROM 400 TO 800 MG THREE TIMES A DAY. THIS WILL BE TWO TO FOUR PILLS THREE TIMES A DAY.

E. PHYSICAL THERAPY:

YOUR PHYSICAL THERAPY EXERCISES SHOULD BE DONE EVERY DAY, AT LEAST ONCE A DAY, AND IF YOUR SCHEDULE CAN ACCOMMODATE IT, THEN IT SHOULD BE DONE TWICE A DAY.

F. BRACES:

IN SOME CASES A SUPPORTIVE BRACE WILL BE PRESCRIBED. THIS SHOULD BE WORN DURING PERIODS OF INCREASED ACTIVITY AND WHEN EXERCISING.