

Limited Ankle Dorsiflexion and Effect on Single Limb Squats in Individuals With Patellofemoral Pain

NCT05285007

Status	RECRUITING
Phase	Not Applicable
Sponsor	Loma Linda University
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (4)

- History of active Patellofemoral Pain for at least 6 months
- No clinic based therapeutic interventions for a 6-month period prior to testing
- Females aged 18-59 years' old
- Limited ankle dorsiflexion as noted by $\lt 45$ degs using the weight bearing lunge test

Exclusion (4)

- History of musculoskeletal surgery or fractures on the tested leg or lumbar spine that could affect their biomechanics during the study
- History of soft tissue or skeletal abnormalities in the tested limb
- Current knee effusion
- Resting pain greater than 5/10

Locations (1 total)

Loma Linda University, Loma Linda, California, United States