

Effects of Eccentric Exercises on Gait Parameters in Patellofemoral Pain Syndrome: A Quasi-Experimental Study

NCT06387524

Status	RECRUITING
Phase	Not Applicable
Sponsor	Foundation University Islamabad
Enrollment	20 participants

Key Eligibility Criteria

Inclusion (11)

- Age 18-35 years
- Females
- Having pain from at least 2 months
- Pain score greater than 3 on NPRS
- Retro patellar pain in at least two of the following activities:
... and 6 more (see full listing online)

Exclusion (6)

- Diagnosed with Chondromalacia patellae
- Instability of tibiofemoral joint
- Subluxation of patellofemoral joint
- Patellar instability
- Previous surgery of lower limb
... and 1 more (see full listing online)

Locations (1 total)

Foundation University College of Physical Therapy, Rawalpindi, Punjab Province, Pakistan