

Quadriceps Strengthening At Different Angles in Patellofemoral Pain

NCT06502795

Status	RECRUITING
Phase	Not Applicable
Sponsor	Universidade Federal do Ceara
Enrollment	110 participants

Key Eligibility Criteria

Inclusion (8)

- Individuals aged between 18 and 35 years.
 - Diagnosis of patellofemoral pain characterized by peri- or retropatellar pain.
 - Pain reproduced in at least two of the following activities: ascending or descending stairs, squatting, kneeling, prolonged sitting, jumping, running, or palpation of the medial and/or lateral facets of the patella.
 - Insidious onset of symptoms.
 - Symptoms duration of at least three months.
- ... and 3 more (see full listing online)

Exclusion (9)

- History of surgery and/or fractures in the lower limb joints.
 - Other knee joint-related injuries such as meniscal tears, ligament injuries.
 - History of patellar subluxation or dislocation.
 - Signs of osteoarthritis.
 - Patellar and quadriceps tendinopathy.
- ... and 4 more (see full listing online)

Locations (1 total)

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