

Comparison of IASTM and Muscle Energy Technique in Patellofemoral Pain Syndrome.

NCT06598618

Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	48 participants

Key Eligibility Criteria

Inclusion (7)

- Age between 18 and 35 years
- Both Genders.
- Anterior or retro patellar knee pain for at least the past 3 months.
- Knee pain during at least 3 of the following activities: ascending/descending stairs, squatting, hopping/ running, and prolonged sitting.
- Retro patellar pain in patellar grind test (positive clarke's sign).
- ... and 2 more (see full listing online)

Exclusion (6)

- Any meniscal or ligament tears of knee.
- Knee osteoarthritis.
- Any previous surgery of lower limb.
- Patellar fracture or fracture of lower extremity.
- Having received knee injections of corticosteroids or hyaluronic acid.
- ... and 1 more (see full listing online)

Locations (1 total)

Pakistan Railway hospital, Rawalpindi, Punjab Province, Pakistan