

Adherence and Feasibility of Remote Rehabilitation for Chronic Patellofemoral Joint Pain: a Randomized Controlled Trial

NCT06651996

Status	RECRUITING
Phase	Not Applicable
Sponsor	Peking University Third Hospital
Enrollment	63 participants

Key Eligibility Criteria

Inclusion (5)

- (1) Anterior knee pain or retro-patellar pain caused by at least two of the following activities: prolonged sitting with knee flexion, bilateral squatting, ascending and descending stairs, kneeling, running, and jumping;
- (2) presence of one of the following signs: patellar tenderness, friction pain, or twitching pain, positive single-leg squat test, or positive knee extension resistance test;
- (3) knee pain lasting more than 3 months;
- (4) knee pain score greater than 3 out of 10 on the VAS;
- (5) unilateral pain and symptoms.

Exclusion (7)

- (1) acute injury of the knee ligaments, joint capsule, bursa or meniscus;
- (2) knee extension or flexion contracture deformity, thus being unable to perform normal lower limb flexion and extension;
- (3) patellofemoral joint dislocation or subluxation;
- (4) any traumatic, inflammatory or infectious disease of the lower limbs;
- (5) a history of knee surgery;
- ... and 2 more (see full listing online)

Locations (1 total)

Peking University Third Hospital Medicinal Science Research Ethics Committee, Beijing, China