

Evaluating the Effectiveness of Clinical Practice Guideline Adherence for Patellofemoral Pain

NCT06665204

Status	RECRUITING
Phase	Not Applicable
Sponsor	Sara Gorczynski
Enrollment	440 participants

Key Eligibility Criteria

Inclusion (4)

- Active-duty Service member
- Aged e18 years
- Presence of unilateral or bilateral PFP based on the core criterion of peripatellar and/or retropatellar pain with reproduction of PFP by at least one activity that loads the patellofemoral joint during weight bearing on a flexed knee, such as prolonged sitting, kneeling, squatting, hopping, running, stair climbing, patellar palpation
- Available to participate in physical therapy treatment within 6 weeks of initial enrollment

Exclusion (8)

- Presence of tibiofemoral OA based on imaging evidence in the electronic health records in the past year or self-report
- History of patellar or intra-articular knee trauma (e.g., dislocation/fracture) or surgery
- History of neurodegenerative conditions that may affect movement patterns (e.g., Multiple Sclerosis)
- Meniscal or ligamentous pathologies within the past year based on imaging evidence of acute injury in the electronic health record or self-report
- Quadriceps or patellar tendon injuries within the past year based on imaging evidence of acute injury in the electronic health record or self-report
- ... and 3 more (see full listing online)

Locations (1 total)

Naval Medical Center San Diego, San Diego, California, United States