

# Effects of Agility Training With and Without Foot Mobilization In Patellofemoral Pain Syndrome.

NCT06674707

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	42 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Clinical signs of patellofemoral pain syndrome such as retro patellar pain, crepitation, and pain with patellar grinding more than 6 months.
- Both genders of 20-40 years of age.
- Presence of pain on step down from a 25 step or double leg squat and sitting with knee bent greater than 15 min.
- Pain more than 4 on NPRS scale.
- Individual with anterior left/right asymmetries greater than 4 cm on Y balance test
- ... and 1 more (see full listing online)

### Exclusion (4)

- History of ligament and meniscal injury.
- History of lower limb fractures.
- History of post-surgical condition of lower limb
- History of systemic, connective tissue or neurologic condition

## Locations (1 total)

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Al- Rehman Hospital, Lahore, Punjab Province, Pakistan