

Effect of Core Exercises on Patellofemoral Pain Syndrome

NCT06758050

Status	RECRUITING
Phase	Not Applicable
Sponsor	Cairo University
Enrollment	44 participants

Key Eligibility Criteria

Inclusion (6)

- Patients of both genders with an age range of 18- 35 years old.
- Gradual development of pain in the front of the knee lasting more than 12 weeks.
- Patients with body mass index 18- 25 kg m2.
- Pain is aggravated by at least 2 of the following activities: jumping, running, prolonged sitting, stair climbing, kneeling, and squatting.
- Positive patellar grinding test.

... and 1 more (see full listing online)

Exclusion (6)

- Traumatic patellar subluxation or dislocation.
- A history of any of the following conditions: meniscal or other intra articular pathologic conditions; cruciate or collateral ligament involvement.
- Any lower limb bony or congenital deformities.
- Previous knee and hip joint surgeries.
- Osteoarthritis in the ankle, knee, or hip joints.

... and 1 more (see full listing online)

Locations (1 total)

Cairo University, Giza, Egypt