

# Compressive Myofascial Release of the Vastus Lateralis on Lateral Patellar Tracking in Patellofemoral Pain Syndrome

NCT06875804

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	24 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Age group between 20 to 40 years
- Male and female gender
- Diagnosed cases of Patellofemoral syndrome
- Participants with positive J sign and Clarke's test
- Pain provoked during knee loading physical activity, such as jumping, running, squatting, or going up or down stairs in last 3 months
- ... and 1 more (see full listing online)

### Exclusion (6)

- History of knee surgery in the past year.
- Any contraindications to myofascial release therapy, such as active infections, open wounds.
- Presence of hip pathology or other knee conditions such as ligament tears, meniscal injuries, Osgood-Schlatter or Sind-ing-Larsen-Johanssen syndrome or jumpers knee
- Participants with a history of trauma or repetitive episodes of patellar subluxation or dislocation
- Use of intra-articular corticosteroid injections
- ... and 1 more (see full listing online)

## Locations (1 total)

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Social Security Hospital, Lahore, Punjab Province, Pakistan