

Effects of Attentional Focus Strategies During Isokinetic Quadriceps Training on Strength and Functional Performance in Individuals With Patellofemoral Pain Syndrome.

NCT07384858

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University - Cerrahpasa
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (5)

- Aged between 18 and 45 years.
- Diagnosed with patellofemoral pain syndrome (PFPS).
- Anterior or retropatellar knee pain persisting for at least four weeks with a VAS score ≥ 3 .
- Pain exacerbated by at least two functional activities (e.g., squatting, stair climbing, prolonged sitting).
- Willing to regularly participate in the 6-week program throughout the study period.

Exclusion (9)

- History of patellar subluxation or dislocation.
- Anterior or posterior cruciate ligament insufficiency.
- Lower extremity fractures.
- Neurological or systemic musculoskeletal disorders.
- Rheumatoid arthritis or other inflammatory joint diseases.
- ... and 4 more (see full listing online)

Locations (1 total)

Istanbul University-Cerrahpasa, Istanbul, Turkey (Türkiye)