



**8<sup>th</sup> BIENNIAL  
EMIRATES  
PHYSIOTHERAPY  
CONFERENCE**  
15 – 16 OCT 2022  
CONRAD DUBAI, UAE

ORGANIZED BY



## Patellofemoral Pain Uncovered

14 October 2022

Course Director: Ms. Claire Robertson

### Course Description:

This course aims to directly impact on the clinician's ability to assess and treat patients with patellofemoral pain syndrome, (PFP). The course is a mixture of theory, demonstrations and practical sessions, totally underpinned by evidence. There is a strong emphasis on clinical reasoning throughout.

### Objectives:

- Describe the aetiology of PFP.
- Explain the relevance of their subjective examination and how this drives their physical examination.
- Expertly surface mark anatomy relating to the PFJ.
- Reason through their observation findings, and their meaning.
- Underpin their gluteal examination with anatomy and biomechanics, and prescribe accurate, effective gluteal exercises.
- Explain the relevance of muscle length and describe useful, appropriate stretches.
- Discuss controversies around the VMO and describe when quads work is indicated and how this can be done.
- Be aware of indications for taping, and how this can be performed.
- Assess the biomechanics of the foot and identify when an orthotic may be useful.
- Integrate an awareness of psychosocial issues into treatment planning.