Non-operative Physical Therapy Protocol
Patello-femoral Syndrome

Columbia University
Shoulder, Elbow and Sports
Medicine Service

Christopher S. Ahmad, MD
Office (212) 305-5561
Fax (212) 305-4040

Louis U. Bigliani, MD
Office (212) 305-5564
Fax (212) 305-0999

William N. Levine, MD
Office (212) 305-0762
Fax (212) 305-4040

Appointment Scheduling
(212) 305-4565

Mailing Address:
622 West 168th Street, PH-11
New York, NY 10032

Office Locations:
16 East 60th Street
New York, NY 10022

161 Ft. Washington Ave.
New York, NY 10032

500 Grand Avenue
Englewood, NJ 07631

www.nyp.org/columbiaortho

● Quadriceps Strengthening, emphasize VMO strengthening, closed-chain exercises
● Iliotibial Band and buttocks stretch
● Hamstring stretch
● Hip/core strengthening
● Hip abductor and adductor strengthening
● Calf stretching