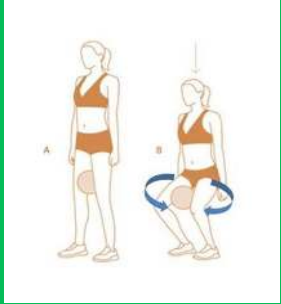




These are treatment options for patellofemoral pain using the [Orthopedics 2.0 approach](#). Not every patient obviously needs all options as the cause of patellofemoral pain is different for each patient. This list is intended to be a survey of most of the therapies/approaches we would use in our patients.

### Weak Muscles/ Poor Stability

Treat both hip and knee muscle weakness and instability with [exercises meant to strengthen the butt muscles and quadriceps](#).



Treat ankle instability that may be causing excessive pronation or supination [with stability exercises](#).

### Abnormal Bio mechanics

Normalize hip range of motion through aggressive release therapies like [Rolfing](#).



Restore normal patellar tracking [using taping](#).



[Mobilize](#) a scarred down patella so that it has equal side to side flexibility.

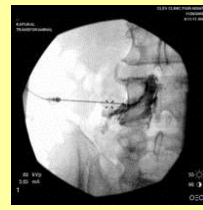


Treat excessive foot/ankle pronation or supination with [orthotics](#).

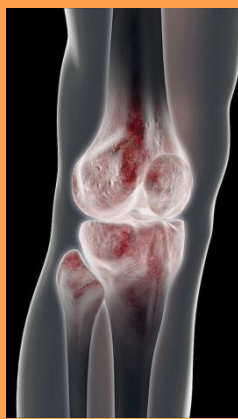
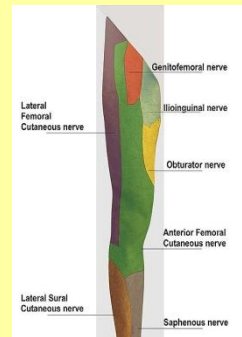


### Nerves Shutting Down Muscle

Reduce spinal nerve irritation that's shutting down muscles with the [Regenexx-PL-Disc Procedure](#).



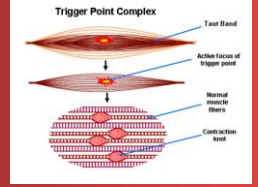
Treat locally entrapped superficial nerves with a Lyflogt technique.



Treat degenerating cartilage behind knee cap with the [Regenexx-SCP, Regenexx-SD, or Regenexx-C procedures](#) based on severity of the cartilage loss. Other options include surgical debridement, micro fracture, or partial knee replacement.



### Muscle Trigger Points



Get rid of muscle trigger points in the low back using [an IMS or TDN technique](#).



Get rid of muscle trigger points in quadriceps using an [IMS or TDN technique](#).

