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Effectiveness of ESWT on Patellofemoral Pain Syndrome

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We use this protocol and it's working

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Abstract

The purpose of this single centered, participant and assessor blinded parallel group Randomized Clinical Trial is to examine the effectiveness of ESWT with isometric exercises against UST with isometric exercises to improve pain and morphological characteristics which are primary outcome that measures through Pressure Algometer or Anterior Knee Pain Scale and USG and functional activity which is secondary outcome that measures through Lower Extremity Functional Scale with the patient of Patellofemoral Pain Syndrome.

The expected result of this study will be the ESWT with isometric exercise will be effective for pain reducing and significant changes can be found in morphological characteristics.

Attachments



[Protocol Summary.doc...](#)

17KB



[Interventio1.docx](#)

15KB

Materials

Musculoskeletal Ultrasonography : MSK USG guided Patellofemoral Pain Syndrome. The accuracy of MSK-DUSI for diagnosing musculoskeletal soft-tissue pathology of the knee were found .

Pressure Algometer : •Algometers are designed to quantify and document levels of tenderness via pressure pain threshold measurement and pain sensitivity via pressure pain tolerance measurement. Pressure algometry is a reliable measure of pain in muscles, fascia, joints, tendons, ligaments and the periosteum.

Anterior knee Pain Scale (Kujala Score) : The Kujala AKPS is a valid and reliable measure of anterior knee pain and appropriate for use as an epidemiologic screening tool. The scale is composed of 13 items that evaluate subjective symptoms and functional limitations. Minimum score is 0 points and maximum score is 100 points.

Knee Injury and Osteoarthritis outcome Score patellofemoral Subscale : To evaluate individuals or samples of individuals with anterior knee pain ,patellofemoral pain and patellofemoral osteoarthritis .The subscale included 11 items. KOOS-PF items loaded predominantly on one factor, pain during activities that load the patellofemoral joint.

Lower Extremity Functional Scale : The lower extremity functional scale is a valid patient-rated outcome measure for the measurement of lower extremity function. The scale consist of 4 groups with 20 questions. The scoring of this scale varies from 0 (extreme difficulty/unable to perform activity) to 4 (no difficulty). The maximum score of 80 indicates no functional limitations and the minimum score of 0 indicates extreme limitations.

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