


# Courage Kenny Rehabilitation Institute


Patellofemoral Instability  
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## OBJECTIVES

1. Define and Identify Patellofemoral Instability
2. Select Applicable Interventions and Problem Solving



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## DEFINE AND IDENTIFY

### Types:

- Acute
- Chronic
- Genetic/ Mechanical / Anatomy

Most subluxations/ dislocations occur less than 45 degrees of flexion and laterally<sup>5</sup>

Prior to 60 degrees of flexion the patella is heavily reliant on MPFL and quadriceps for stability<sup>5</sup>

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## DEFINE AND IDENTIFY

### •Assessments

- General Hypermobility
- Neuromuscular Control – Valgus and Rotational Abnormalities<sup>5</sup>
- J sign<sup>2</sup>
- Dynamic Valgus with Functional Movements<sup>6</sup>
- Hyperpronation of the foot<sup>6</sup>
- Weak Hip External Rotators and Quadriceps<sup>6</sup>

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## DEFINE AND IDENTIFY

**The Ehlers Danlos Society**

### THE BEIGHTON SCORING SYSTEM

Measuring joint hypermobility

**A. 5th FINGER / 'PINKIES'**

Test **both sides**. Rest palm of the hand and forearm a **flat surface** with palm side down and fingers out straight.

Can the **fifth finger** be bent/lifted upwards at the knuckle to go back **beyond 90 degrees**?

If yes, add **one point** for each hand.

**1 POINT FOR EACH HAND**

**B. THUMBS**

Test **both sides**. With the arm out straight, the palm facing down, and the wrist then fully bent downward, can the thumb be pushed back to touch the forearm?

If yes, add **one point** for each thumb.

**1 POINT FOR EACH THUMB**

**C. ELBOWS**

Test **both sides**. With arms outstretched and palms facing upwards, does the elbow extend (bend too far) upwards **more than an extra 10 degrees** beyond a normal outstretched position?

If yes, add **one point** for each side.

**1 POINT FOR EACH ARM**

**D. KNEES**

Test **both sides**. While standing, with knees locked (bent backwards as far as possible), does the lower part of either leg extend **more than 10 degrees forward**?

If yes, add **one point** for each side.

**1 POINT FOR EACH LEG**

**E. SPINE**

Bend forward, can you place the palms of your hands **flat on the floor in front of your feet** without bending your knees?

If yes, add **one point**.

**1 POINT**

Allina Health

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Allina Health

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# INTERVENTIONS

- Emphasis on Proprioception
- Closed Chain
- Tactile Cues
- Visual Feedback

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# INTERVENTIONS



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## INTERVENTIONS

- Emphasis on Proprioception
- Closed Chain
- Tactile Cues
- Visual Feedback

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## REFERENCES

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