

Patellofemoral Pain Syndrome and Exercise Therapy

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Patellofemoral Pain Syndrome (PFPS) can be considered as a clinical entity evolving during adolescence and young adult age. Though the complaints may be self-limiting and follow a benign course there are claims that exercise therapy may be beneficial for patients with patellofemoral pain syndrome.

The aim of this thesis is to study the clinical effects and cost-effectiveness of exercise therapy for patellofemoral pain syndrome. In this thesis the results of a clinical trial on exercise therapy for PFPS as well as the results of a systematic literature review are presented. Furthermore the effectiveness of exercise therapy is studied in relation to other conservative strategies. Additional to these studies data are presented concerning the current strategies for PFPS and for other non-traumatic knee complaints in general practice.



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