

Abstract

Title: Physiotherapeutic Approaches in the Treatment of Patellofemoral Pain Syndrome – a Systematic Review

Objectives: The objective of this diploma thesis is to evaluate physiotherapeutic procedures currently used in the conservative treatment of patellofemoral pain syndrome and to determine the most effective procedure in reducing pain. Other objectives include a summarisation of the issue of patellofemoral pain syndrome from the perspective of etiology and epidemiology, clinical picture, diagnosis and the possibilities of various therapeutic procedures.

Methods: The diploma thesis uses systematic literature review and is analytical-descriptive in nature. The methodology chapter sets out tasks, the thesis process and individual research criteria according to which the thesis was written.

Results: Following the research, 10 studies were included in the evaluation based on the established criteria. The results show that the following physiotherapeutic interventions are currently used in the conservative treatment of patellofemoral pain syndrome: an exercise programme aimed at strengthening the muscles of the hip and knee joint alone or in combination with kinesio taping, mobilisation with movement, full-body vibration training, resistance and proprioceptive exercises, functional training aimed at stabilising the torso, training the muscles of the core, an exercise programme aimed at strengthening the muscles of the hip - posterolateral or anteromedial hip musculature, and exercise programmes aimed at strengthening the extensor apparatus of the knee alone or in combination with dry needling therapy. Based on the evaluation of different studies, it cannot be clearly determined which of the physiotherapeutic procedures is most effective in reducing perceived pain in patients with PFPS, as these are highly heterogeneous studies.

Keywords: patellofemoral joint, patellofemoral pain syndrome, patellofemoral pain, physiotherapy, conservative therapy