

# UCSF Physical Therapy Referral

## **UCSF Sports Medicine at the Orthopaedic Institute**

*Physical Therapy Prescription*

**Diagnosis:** Patellofemoral Syndrome/Maltracking

Evaluate and Treat per therapist plan 1-2 times/week for 8-10 weeks. Please contact the office for renewal as needed.

**ROM**--work on passive, active ROM

Stretching- Quadriceps, Hamstrings

Modalities- ice, Ultrasound, Stim as needed

Teach McConnell taping

**Strengthening**--Quadriceps, core, hamstrings

**Limitations:** None except limited by pain

UCSF Orthopaedic Institute

1500 Owens Street, #201

San Francisco, CA 94158

Ph: 415.353.7566 Fax: 415.885.3838