

OUR MISSION STATEMENT

The Patellofemoral Foundation's mission is to improve care of individuals with anterior knee problems through targeted education and research.

OUR SPECIFIC GOALS



1. RESEARCH

Fund carefully selected scientists to study the causes, prevention and treatment of patellofemoral disorders.



2. EDUCATION

Provide educational sports medicine and knee meetings in multiple locations to educate health care professionals about prevention and proper care of patients and athletes with patellofemoral pain and instability.



3. INNOVATION

Find new and improved methods for treating patients and athletes with patellofemoral pain, emphasizing minimal intervention and non-surgical methods.



4. AWARENESS

Enhance awareness of patellofemoral problems, the prevalence of patellofemoral pain, and the impact on athletes, workers and the economy.

HOW CAN YOU HELP?

The Patellofemoral Foundation is a non-profit 501(c)(3) organization that must raise funds from corporate and individual contributions to continue to achieve its goals. All funds are used to support research and educational efforts benefiting those who suffer from anterior knee pain or instability. The Board of Directors volunteer and donate their time and expenses to support Patellofemoral Foundation activities so that all funds go directly to support research and education.

The Foundation welcomes and appreciates all levels of contributions. Donations can be submitted through PayPal on the website www.patellofemoral.org

PLEASE LIKE US ON FACEBOOK!



PATELLOFEMORAL FOUNDATION



@SAVETHEPATELLA



PATELLOFEMORALFOUNDATION

THE PATELLOFEMORAL FOUNDATION

web: www.patellofemoral.org

email: edahlinger@patellofemoral.org



STRIVING
TO IMPROVE THE
QUALITY OF LIFE
FOR INDIVIDUALS
OF ALL AGES
AFFECTED BY
ANTERIOR
KNEE
PROBLEMS.

THE PATELLOFEMORAL
FOUNDATION IS A NON-
PROFIT 501(c)(3) ORGANIZATION
ESTABLISHED IN 2002.

WHY WAS THE PATELLOFEMORAL FOUNDATION CREATED?

Anterior knee pain is very common in the general population, creating chronic disability, limitation from participation in sports, lost time from work and generally diminished quality of life for many people of all ages. Clinicians noted that one third or more of all complaints at their sports medicine clinics were patellofemoral pain ^(1,2). Although these problems are common, many people with anterior knee pain never get relief. Too many never return to sports or work.

PROGRESS

There has been some progress in the understanding of anterior knee pain. Anatomic and clinical studies have revealed sources of pain not previously recognized and opened the door to specific treatments of pain around the front of the knee ⁽³⁾. New radiologic techniques, particularly computerized tomography and MRI, have led to greater understanding of the mechanical behavior of the patella.

THE CHALLENGE

Despite these advances, many remain disabled and live with daily pain or discomfort. Criteria for proper treatment have been based largely on individual experience. Randomized control studies must be initiated in addition to broad based research and education dedicated to patellofemoral disorders ⁽⁴⁾.

There is a great need to refine the indications for anterior knee pain management and surgery, improve bracing and non-operative measures, standardize operative approaches, and develop an educational network that reaches well into the sports medicine and orthopedic communities.

(1) Chesworth et al (1989) J. Orthop Sports Phys Ther 10(8): 302-308,

(2) DeHaven, K, (1970) Ped Ann, 704-714

(3) Fulkerson et al (2002), Am J Sports Medicine 30: 447-456,

(4) Bernstein, J, (1997) JBJS 79A: 1404-1414

ACCOMPLISHMENTS

- ✓ We have funded 19 PF traveling fellowships to date
- ✓ ISAKOS/PFF PF Research Excellence Award given at each ISAKOS annual meeting
- ✓ 3 AANA/PFF PF Cadaver Surgery courses to date
- ✓ 1st AANA PF Research Excellence Award (2014)
- ✓ ISAKOS/PFF PF Task Force with goal to provide a standardized and improved format for eval of PF patients
- ✓ PFF Lifetime Achievement Award given to Alan Merchant, Scott Dye, Philippe Neyret, Robert Teitge, Elizabeth Arendt, Henri & David Dejour, & John Fulkerson (summary is on PFF website)
- ✓ PFF PF Online Education (supported by a grant thru Yale Medical School library)
- ✓ Bi-monthly PFF/Healio PF Blog Updates

BOARD OF DIRECTORS

John Fulkerson, M.D (President)
Jason Koh, MD (Vice President & Secretary)
Eric Jania (Treasurer)
Peter Jokl, MD
Andrew J. Cosgarea, MD
William R. Post, MD
João Espregueira-Mendes, MD
Daniel Green, MD
Moises Cohen, MD
Ryosuke Kuroda, MD
Laurie Hiemstra, MD
Lieve Vanden Berghe, PT PhD
Vicente Sanchis-Alfonso, MD
Eric F. Dahlinger (Executive Director, Board Member Emeritus)
Jack Farr II, MD (Emeritus)
Philippe Neyret, MD (Emeritus)
Ivan Lendl (Emeritus)

TIPS FOR SUCCESSFUL PATELLOFEMORAL TREATMENT

- ✓ LISTEN TO THE PATIENTS
Let them guide you to the source of pain and disability
- ✓ ESTABLISH CORE LOWER BODY STABILITY
starting at the hips
- ✓ MAXIMIZE NON OPERATIVE TREATMENT FIRST
but do not overlook the patient who needs help beyond what non operative treatment can achieve
- ✓ IF SURGERY BECOMES NECESSARY
always aim to restore balance without adding abnormal load, particularly to articular lesions
- ✓ RELEASE ONLY WHAT IS TOO TIGHT
and tighten only what is too loose
- ✓ UNLOAD ARTICULAR LESIONS, RESTORE BALANCE
- ✓ BEWARE OF MEDIAL PF INSTABILITY
in patients who are more unstable after surgery
- ✓ EARLY CONTROLLED MOTION AFTER PF SURGERY

PLEASE SUPPORT

THE PATELLOFEMORAL FOUNDATION

WWW.PATELLOFEMORAL.ORG