

Jordan University of Science and Technology

Effects of Ultrasound Therapy versus Mikhled Knee Exercise Program for Treating Patellofemoral Pain Syndrome

Authors: Mikhled F. Maayah, Amr A. Abdel-aziem, Emad T. Ahmed.

Abstract: Abstract Purpose: Patellofemoral pain syndrome (PFPS) is one of the most common problems in the knee joint. So, the purpose of this study was to evaluate the effects of ultrasound therapy versus Mikhled knee exercise program (MKEP) for treating patellofemoral pain syndrome. Study design: A randomized comparative single blind clinical study. Methods: A total of 60 subjects with confirmed patellofemoral pain syndrome (male and female) subject >20 years of age (MKEP, n = 20; Ultrasound, n = 20; MKEP + Ultrasound, n = 20) were recruited in the study. Ratings of pain was measured with a 10-mm visual analog scale (VAS), general health by using SF-36 and health status by using WOMAC was obtained before and after the intervention. Results: ANOVA revealed that Mikhled knee exercise program combined with ultrasound produced significant decrease in pain level and significant improvement in function level ($p < 0.05$). Conclusion: The findings of the current study of intervention program demonstrate that Mikhled knee exercise program combined with ultrasound therapy reduces pain and increases function in patient with PFPS.