

Report: Attendance at Patellofemoral Pain Uncovered June 2017  
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Course objectives.

The course literature stated that the course would directly impact on clinicians' ability to assess and manage patients' patellofemoral pain. The course was underpinned by theory, demonstrations and practical sessions, underpinned by evidence.

Learning outcomes.

1. Describe the aetiology of patellofemoral pain
2. Explain the relevance of the subjective examination and how this influences the physical examination
3. Expertly surface mark anatomy related to the patellofemoral joint
4. Reason through observation findings, and their meanings
5. Underpin gluteal anatomy and biomechanics, and prescribe accurate, effective gluteal exercises
6. Explain the relevance of muscle length and describe useful appropriate stretches
7. Discuss controversies around VMO and describe when VMO work is indicated and how this can be done
8. Be aware of the indications for taping and how this can be performed
9. Assess the biomechanics of the foot and identify when an orthotic may be useful

Aims and objectives.

I felt that the course objectives and learning outcomes were appropriate for my current level of practice and experience. I was keen that this course should help me to further my knowledge on patellofemoral pain, which would in turn enhance my clinical reasoning and improve my treatment outcomes. As I am actively working on my MSc dissertation, which will focus on patellofemoral pain, I was keen that this course should facilitate both my clinical and academic learning needs.

Reflection of the course

Overall I felt that the course met my expectations, objectives and also the pre-determined learning outcomes. The course was evidence based and was unbiased in that opposing views were presented and considered. The breadth of the course was broad – and I felt that most topics around the patellofemoral joint were presented and discussed.

The learning environment was supportive and attendees were encouraged to ask questions and discuss topics which arose during the day. Claire was able to translate the findings from research and explain how they might be used in clinical practice, whilst acknowledging any limitations that it had. I felt this clearly bridged the gap, and it has helped me to feel more confident when critiquing research and considering how it might influence my practice.

I feel much more able to approach and discuss kinesophobia and levels of catastrophising with my patients and have a greater repertoire of exercises that can be tolerated better by patients with higher levels of symptom severity and irritability. As a result, I expect that this will improve compliance and adherence with my prescribed home based exercise programme in patients with acute patellofemoral pain.

From a research/ dissertation perspective, I feel the course has enhanced my understanding of current evidence base for patellofemoral pain, which has allowed me to have informed, constructive discussions with my dissertation supervisor who is knowledgeable in this area.

Overall, I feel this course was beneficial from both a clinical and academic perspective and am grateful for the MACP's support in attending it.