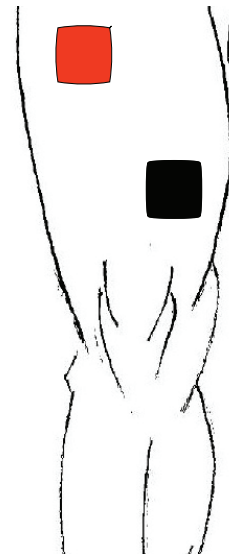


**Knee Rehabilitation/Patellofemoral Pain (Strengthening)**

Knee pain and muscular weakness is common in the post-surgical knee. Knee pain can also result from improper mechanics of the knee. Very often patellofemoral pain is created when the vastus medialis obliquus (VMO) fails to contract appropriately. Using EMG feedback, patients can learn, or re-learn to recruit the VMO correctly during knee extension to allow the patella to track properly along the patellar surface of the femur.

Suggested Electrode Placement**2-pad placement**

Place electrode pads over VMO and vastus lateralis muscles

**Suggested Settings**

Threshold: Set an appropriate threshold
[Refer to the "Setting Threshold Level for Strengthening" section of General Guidelines]

Trials: 15-30 trials

Work time: 5 sec (to begin)

Rest time: 5-10 sec (to begin)

Feedback: ABOVE ("FABV" setting on Care EMG)

Sessions per day: 3-5 sessions per day (or as needed)

