

CASE REPORT**REHABILITATION OF A FEMALE DANCER WITH PATELLOFEMORAL PAIN SYNDROME: APPLYING CONCEPTS OF REGIONAL INTERDEPENDENCE IN PRACTICE****Caitlyn Welsh, PT, MPT^a****William J. Hanney, PT, DPT, ATC/L^{a,b}****Laura Podschun, PT, MPT, OCS^a****Morey J. Kolber, PT, PhD, OCS, Cert MDTC^c**

ABSTRACT

Due to complex movements and high physical demands, dance is often associated with a multitude of impairments including pain of the low back, pelvis, leg, knee, and foot. This case report provides an exercise progression, emphasizing enhancement of strength and neuromuscular performance using the concept of regional interdependence in a 17 year old female dancer with patellofemoral pain syndrome.

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