

THERE IS AN EVIDENCE PRACTICE GAP IN PATELLOFEMORAL PAIN MANAGEMENT THAT CAN BE BRIDGED



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Background



- Prevalent knee condition
- Not self-limiting
- Conservative treatment is gold standard
- Level 1 evidence supports a range of interventions

Methods

98 physiotherapists from Belgium, Sweden and the United Kingdom attending a 1 day patellofemoral workshop. 71 completed a pre-workshop survey to explore their knowledge and confidence of the evidence base – average clinical experience 15 (range: 0-30) years. 82% (58/71) completed a post course survey.

Key results

Key knowledge and confidence results are presented in pie charts under 'Baseline survey results'. Of note, 36% of participants believed there was supporting evidence for Kinesio® taping techniques despite an absence of evidence; and only 23% believed there was supporting evidence for foot orthoses prescription, despite clear supporting evidence. Additionally, 75% were confident in the use of Kinesio® tape, but just 38% were confident in the use of foot orthoses.

Baseline survey results

Physiotherapists belief of evidence base

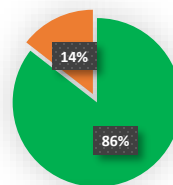
Supports, Strongly supports
Unclear
Strongly negates, Negates

Physiotherapists confidence

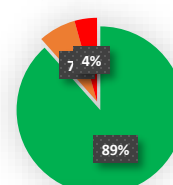
Very confident, Confident
Average
Below Average, Not confident at all

Is there supporting evidence?

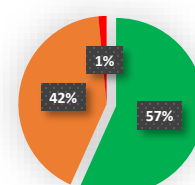
Knee exercise



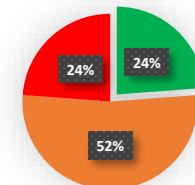
Hip exercise



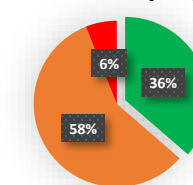
Patellar taping



Foot orthoses



Kinesio taping



Post workshop survey results

- Significantly improved knowledge of evidence and confidence in implementing hip exercise, foot orthoses, and patellar taping
- Numerous online resources (videos, podcasts, infographics, courses, etc.) were proposed to further assist bridging the evidence-practice gap

Significance to Allied Health

- A clear evidence-practice gap in physiotherapist's management of patellofemoral pain exists
- Further research is needed to: (i) evaluate if improvements in knowledge and confidence can be facilitated by more freely available online resources; and (ii) if improved knowledge and confidence leads to better patient outcomes

