Assess patellofemoral problems and establish a successful plan for nonsurgical treatment and, when absolutely necessary, surgical treatment.

Edited by the President of the Patellofemoral Foundation, this insightful monograph presents the leading research regarding patellofemoral pain and instability.

While stressing the importance of careful history and physical examination, each chapter addresses a particular condition and recommendations for resolution. The high occurrence of patellofemoral pain makes this a must-read monograph for the generalist and specialist. It is also a valuable resource for referring and tertiary providers, such as physical therapists.