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

Dr Christian J Barton 1, Dr Michael S Rathleff 2, Prof Kay M Crossley 1

1 La Trobe Sport and Exercise Medicine Research Centre, School of Allied Health, La Trobe University, Melbourne, Victoria, Australia.
2 Research Unit for General Practice in Aalborg and Department of Clinical Medicine, Aalborg University, Denmark

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
- Below Average, Not confident at all

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