



## 6<sup>th</sup> International Patellofemoral Research Retreat

Milwaukee, WI, USA  
October 1-3, 2019

Tuesday October 1		Location	Moderator
8:00-8:50	Registration, tea & coffee	Governor's Meeting Room	
8:50-9:00	Welcome	Governor's Meeting Room	Jennifer Earl-Boehm, David Bazett-Jones
Session 1	Biomechanics 10-minute Orals	Salon A	Josh Stefanik
9:00-9:10	Amanda Schenatto Ferreira	Higher body mass index is associated with poor functional capacity in women with patellofemoral pain	
9:10-9:20	Ronaldo Valdir Briani	Hip and knee torsional joint stiffness in women with and without patellofemoral pain before and after pain exacerbation	
9:20-9:30	Richard Willy	Prescribing load carriage based on quadriceps strength minimizes differences in patellofemoral joint loading between males and females	
9:30-9:40	David Bazett-Jones	Kinematic and kinetic gait characteristics associated with patellofemoral pain: A systematic review and meta-analysis	
9:40-9:50	Discussion & questions		
Session 2	Biomechanics 5 min Rapid Fire	Salon A	Rich Willy
9:50-9:55	Aaron Fox	Gait variability in individuals with acute and chronic patellofemoral pain	
9:55-10:00	Shiho Goto	Effect of anterior cruciate ligament reconstruction on the dominant and non-dominant limb on patellofemoral joint kinetics during walking at 12 weeks post-surgery.	
10:00-10:05	Hyunjae Jeon	Ultrasonographic assessment of acute femoral cartilage morphological alteration following physical activities in individuals with patellofemoral pain	
10:05-10:10	Kai-Yu Ho	Comparisons of Patellar Bone Mineral Density between Individuals with and without Patellofemoral Pain	
10:10-10:25	Discussion & questions		
10:25-10:55	Break	Salon A	
Session 3	Imaging 10-minute Orals	Salon A	Michael Rainbow
10:55-11:05	Andrea Baellow	Intrinsic Foot Muscle Size in a Single Leg Weight Bearing Position in Individuals with Patellofemoral Pain: Preliminary Data	
11:05-11:15	Josh Stefanik	Relation of MRI-detected structural damage in the knee to anterior knee pain: The MOST Study	
11:15-11:25	Michelle Boling	Changes in Patellofemoral T1ρ MRI Relaxation Times following ACL Reconstruction	
11:25-11:35	Mitchell Wheatley	Patellofemoral morphology influences knee extensor muscles and patella translation	
11:35-11:45	Marienke van Middelkoop	Patellofemoral MRI features are not related to sitting pain in individuals with patellofemoral pain	
11:45-12:00	Discussion & questions		
12:00-1:00	Lunch	Governor's Meeting Room	
	Keynote Address	Salon A	Irene Davis
1:00-1:40	<b>Carolee Winstein</b>		
1:40-2:00	Discussion & questions		
Session 4	Motor Control 10-min Orals	Salon A	Simon Lack
2:00-2:10	Andrea Baellow	Performance on a Clinical Dynamic Balance Task is Difference in Individuals with Patellofemoral Pain	
2:10-2:20	Sharon Teng	Short-term effects of 4-week real-time gait retraining on trunk kinematics, patellofemoral joint stress, pain, and function in runners with patellofemoral pain	
2:20-2:30	Gretchen Salsich	Preliminary Effects of Task-Specific Movement Training on Lower Extremity Kinematics, Pain, and Activity Limitations in Women with Patellofemoral Pain	
2:30-2:45	Discussion & questions		
2:45-3:15	Break	Salon A	
Session 5	Motor Control 5 min Rapid Fire	Salon A	Daniilo de Oliveira Silva
3:15-3:20	Kemery Sigmund	EMG and force analysis of a weightbearing squat-hold position compared to traditional hip strength assessment positions	
3:20-3:25	Lee Atkins	Are there differences in Knee Stability between Patients with Patellofemoral Pain and Healthy Subjects during a Slow Step Descent Task?	
3:25-3:30	Neal Glaviano	Hip Muscle Torque and Muscle Activity is Influenced by Testing Position	
3:30-3:35	Saleh Alsaleh	Local neuromuscular characteristics related to patellofemoral pain syndrome: a systematic review and meta-analysis	
3:35-4:40	Simon Lack	Gluteal activation and onset-timing before and after 2-weeks neuromuscular training in patients with	
3:40-4:00	Discussion & questions		
4:00-6:00	Retraining Consensus		
6:00-8:00	Welcome Drinks	Jackson Street Room	

Wednesday October 2		Location	Moderator
7:30-8:00	Tea & coffee	Governor's Meeting Room	
Session 6	Clinical Assessment 5 min Rapid Fire	Salon A	Bill Vicenzino
8:00-8:05	Lori Bolgla	Frontal Plane Projection Angle vs Dynamic Valgus Index: A Comparison of Intra-Rater Reliability and Concurrent Criterion Validity for Assessing Lower Extremity Kinematics via a Smartphone	
8:05-8:10	Simon Lack	Is two-dimensional video a valid and reliable measure of three-dimensional kinematics in runners with patellofemoral pain?	
8:10-8:15	David Bazett-Jones	Frontal and sagittal plane differences during single-leg squatting in those with and without patellofemoral pain: A 2-dimensional video analysis study	
8:15-8:20	Claudio Belvedere	Kinematics-based knee flexion axis derived from patellar motion. A helical axis analysis.	
8:20-8:30	Discussion & questions		
Session 7	Interventions 10-minute Orals	Salon A	Gretchen Salsich
8:30-8:40	Christian Barton	A proximal progressive resistance training program targeting strength and power is feasible in people with patellofemoral pain	
8:40-8:50	Danilo de Oliveira Silva	Benefits of Education and Exercise-therapy for people with Patellofemoral pain: (BEEP) Pilot Trial	
8:50-9:00	Erin Macri	Surgical, pharmaceutical, and nutraceutical interventions for patellofemoral pain: a systematic review	
9:00-9:10	Louise Kedroff	Do exercise programmes change physical factors in people with patellofemoral pain? A systematic review and meta-analysis.	
9:10-9:20	Ronaldo Valdir Briani	Effect of knee bracing versus minimal intervention on kinesiophobia, pain, subjective and objective function in individuals with patellofemoral pain: A randomized controlled trial	
9:20-9:30	Ben Smith	Barriers and facilitators of loaded self-managed exercises and physical activity in people with patellofemoral pain	
9:30-9:40	Ben Smith	A loaded self-managed exercise programme for patellofemoral pain: a mixed methods feasibility study	
9:40-10:00	Discussion & questions		
10:00-10:20	Break	Salon A	
10:20-12:00	Reporting Guidelines Consensus		
12:00-1:00	Lunch	Governor's Meeting Room	
	Keynote Address	Salon A	Jennifer Earl-Boehm
1:00-1:40	<b>Monna Arvinen-Barrow</b>		
1:40-2:00	Discussion & questions		
Session 8	Psychosocial 10-minute Orals	Salon A	Kay Crossley
2:00-2:10	Danilo de Oliveira Silva	Pain and disability in women with patellofemoral pain relates to fear of movement, but not patellofemoral joint loading variables	
2:10-2:20	Heta Patel	Psychmatic properties of patient centered outcome measures for patellofemoral arthritis-A systematic review	
2:20-2:30	James O'Donovan	Identifying patients' beliefs about causes and treatments for patellofemoral pain	
2:30-2:40	Louise Kedroff	The effect of a psychologically informed physiotherapy intervention for patellofemoral pain syndrome. A proof of concept feasibility study	
2:40-2:50	Liam R Maclachlan	Front of knee, back of mind or somewhere in between? The psychological and somatosensory characteristics of patellofemoral pain	
2:50-3:00	Sinead Holden	Foot orthoses versus hip exercises (FOHX) for patellofemoral pain (PFP): a mediation analysis of strength and psychological characteristics	
3:00-3:20	Discussion & questions		
3:20	Adjourn (Free Time)		
TBA	Dinner Banquet		

Thursday October 3		Location	Moderator
7:30-8:00	Tea & coffee	Governor's Meeting Room	
Session 9	Psychosocial 10-minute Orals	Salon A	Sinead Holden
8:00-8:10	Liam Maclachlan	Can the provision of written information change the natural course of patellofemoral pain?	
8:10-8:20	Marcella Pazzinatto	Association of changes in psychological and objective factors with improved outcomes following 6-weeks web-based education in people with patellofemoral pain	
8:20-8:30	Natalie Collins	Is sitting-related patellofemoral pain associated with psychological factors and pain sensitisation?	
8:30-8:40	Neal Glaviano	Living Well (Or Not) With Patellofemoral Pain: A Mixed-Methods Study	
8:40-8:55	Discussion & questions		
8:55-9:15	Break	Salon A	
9:15-10:20	Psychosocial Consensus		
	Keynote Address	Salon A	Erin Macri
10:20-11:00	<b>Bill Vicenzino</b>		
11:00-11:20	Discussion & questions		
Session 10	Pain 10-minute Orals	Salon A	Natalie Collins
11:20-11:30	Erin Macri	Ten year risk for total knee arthroplasty is higher for patellofemoral osteoarthritis, but not tibiofemoral osteoarthritis, in middle-aged individuals with knee pain: the CHECK cohort	
11:30-11:40	Harvi Hart	Relation of patellofemoral osteoarthritis to trajectories of physical function over 7 years: The MOST Study	
11:40-11:50	Jennifer Thorpe	The Prevalence of Patellofemoral Pain in the Community	
11:50-12:00	Sinead Holden	A prospective investigation of pressure pain sensitivity, temporal summation and CPM in young adolescents aged 10-14 with PFP before and following treatment - prognosis and recovery	
12:00-12:10	Kathryn Mills	The association between a self-reported history of running and patellofemoral joint osteoarthritis later in life: A cross-sectional study from the Osteoarthritis Initiative	
12:10-12:25	Discussion & questions		
12:25-1:15	Lunch	Governor's Meeting Room	
Session 11	Pain 10-minute Orals	Salon A	Harvi Hart
1:15-1:25	Kemery Sigmund	Does the Evidence Support Pain Sensitization in Patellofemoral Pain?: A Systematic Review	
1:25-1:35	Marienke van Middelkoop	Association between patient history, physical examination and early signs of osteoarthritis in young patients with patellofemoral pain	
1:35-1:45	Marina Waiteman	Influence of knee crepitus on quadriceps avoidance in women with patellofemoral pain	
1:45-1:55	Natalie Collins	Young to middle-aged adults with persistent patellofemoral pain demonstrate similar pain, disability and knee-related quality of life as older adults with patellofemoral osteoarthritis	
1:55-2:05	Naoko Giblin	No immediate effects of pain suppressants on knee joint biomechanics during hopping	
2:05-2:20	Discussion & questions		
2:20-2:40	Break	Salon A	
2:40-3:40	Pain Consensus		
3:40-4:00	Conference Close		