



8th International Patellofemoral Research Retreat

Boston, USA
1-3 October 2025

1-Oct-25		Speaker/Location	Moderator
8:30-9:00	Registration, light breakfast	Massachusetts General Hospital	
9:00-9:15	Welcome	Massachusetts General Hospital	
	Local welcome	David Selkowitz, Neal Glaviano, Joshua Stefanik	
	IPFRN welcome	IPFRN Executive Board	
	Keynote Address	Massachusetts General Hospital	TBD
9:15-10:00	<i>Dr. Tuhina Neogi</i>		
10:00-10:15	Discussion & questions		
10:15-10:45	Networking and coffee break	Massachusetts General Hospital	
Session 1	8-minute Orals - PF cartilage and OA	Massachusetts General Hospital	TBD
10:45-12:30	Minimal important change in patient reported outcome measures for pain in individuals with patellofemoral osteoarthritis: an OA Trial Bank individual participant data meta-analysis	Erin Macri	
	Relation of Patellofemoral Pain and Osteoarthritis to Fear of Movement, Knee Symptoms, Function and Quality of Life in Women and Men	Harvi Hart	
	Psychometric Evaluation and Cross-Cultural Adaptation of the Gujarati Version of the KOOS-PF Scale for Patellofemoral Osteoarthritis	Heta Patel	
	The Biomechanical and Structural Effects of External Devices in Patellofemoral Joint Osteoarthritis: A Systematic Review with Meta-Analysis.	Michael Callaghan	
	Do Hip and Knee Moments Differ Between Individuals with Patellofemoral Pain and Those with Patellofemoral Osteoarthritis?	Harvi Hart	
	Comparison of Femoral Cartilage Health Between Individuals with and without Patellofemoral Pain – Ultrasonographic Quality Analysis	Hyunjae Jeon	
	Patellar Cartilage Thickness Relates to Knee External Rotation During Squatting in Individuals With and Without Patellofemoral Pain	Hiraku Nagahori	
	General Discussion		
12:30-13:30	Lunch	TBD	
Session 2	8-min Orals - Adolescents	Massachusetts General Hospital	TBD
13:30-14:45	Adolescent knee pain: Exploring the association between bone shape and knee pain post-puberty	Marienke Van Middelkoop	
	Are Adolescents with Patellofemoral Pain Active and Strong? A Cross-Sectional Study Evaluating Lower limb Strength and Physical Activity in Adolescents With and Without Patellofemoral Pain.	Sam Kayll	
	Running biomechanics do not differ between adolescents with and without patellofemoral pain	Natalie Mazzella	
	Musculoskeletal pain in 17-year-old adolescents in the Generation R Study	Marienke Van Middelkoop	
	Exploring the Associations Between Fear of Movement, Pain, and the Knee Flexion Moment During Running in Adolescents with Patellofemoral Pain.	Sam Kayll	
	General Discussion		
14:45-15:15	Networking and coffee break		
Session 3	8-min Orals - Management/Interventions	Massachusetts General Hospital	TBD
15:15-16:30	Strength Training Rehabilitation Incorporating Power Exercises to Standard of Care for Individuals with Patellofemoral Pain: A Randomized Controlled Trial	Neal Glaviano	
	Exercise Adherence in Individuals With Patellofemoral Pain: A Scoping Review of Randomized Controlled Trials	Miguel Farraj	
	What interventions can improve self-reported function of people with patellofemoral pain? A Systematic Review with Network Meta-Analysis	Ronaldo Briani	
	The automaticity of a new cadence after a 2-week training period in runners with PFP	Jennifer Earl-Boehm	
	Comparison of Music and Metronome Step-rate Gait Retraining on Running Biomechanics and Running Exertion	Erin Lally	
	General Discussion		
16:30-16:40	Closing comments		

2-Oct-25		Speaker	Moderator
8:30-9:00	Light breakfast	Massachusetts General Hospital	
Session 4	8-min Orals - Telerehabilitation	Massachusetts General Hospital	TBD
9:00-10:15	Utilization of a Telehealth Movement Retraining Intervention for Individuals with Patellofemoral Pain	Jennifer Thorpe	
	From Clinic to Smartphone: A Randomized Controlled Trial of a Novel Digital Therapeutic for Patellofemoral Pain, Integrating Exercise and Cognitive-Behavioral Therapy	Chan Yoon	
	Is Online Patient Education feasible in people with patellofemoral pain whilst they wait for physiotherapy: a randomised controlled feasibility trial (OPEN)	Bradley Neal	
	Exploring the Effects and Adherence to Online Patient Education, Exercise, and Mindfulness for Patellofemoral Pain: A Randomized Clinical Trial	Theo Muniz	
	Physiotherapists' and Patients' Perceptions of Integrating Telerehabilitation and artificial intelligence into Clinical Practice for Patients with Patellofemoral Pain.	Miguel Farraj	
	General Discussion		
10:15-10:45	Networking and coffee break	Massachusetts General Hospital	
Session 5	8-min Orals - Patient Experience and Psychological Outcomes	Massachusetts General Hospital	TBD
10:45-12:00	Exploring the Perceived Psychosocial Experiences of Recreational Runners with Patellofemoral Pain: A Grounded Theory Approach	Monna Arvinen-Barrow	
	Do individuals with unilateral and bilateral patellofemoral pain have different perspectives on their condition? A mixed-methods study	Marina Cabral Waiteman	
	Bias Between Daily-Recorded and Recalled Worst Knee Pain in People with Anterior Knee Pain	Jaini Kothari	
	Associations Among Quadriceps Neuromuscular Outcomes and Test-Related Psychological Measures in People With and Without Patellofemoral Pain	Natanael Batista	
	Psychosocial Patellofemoral Pain Research: A Narrative Scoping Review of Literature	Monna Arvinen-Barrow	
	General Discussion		
12:00-13:00	Lunch	Massachusetts General Hospital	
IPFRN group project	Evidence Gap Map Project	Massachusetts General Hospital	
13:00-14:30	Overview of EGM project	Marieke van Middelkoop	
	Project 1: Prognosis	Lori Bolgia & Brad Neal	
	Project 2: Risk Factors	Lisa Hoglund, Ronaldo Briani, Sinead Holden	
	Project 3: Interventions	Harvi Hart, Neal Glaviano, David Selkowitz	
	Breakout discussion		
14:30-14:45	Break	Massachusetts General Hospital	
Session 6	8-min Orals - Biomechanics and post-surgical impacts	Massachusetts General Hospital	TBD
14:45-16:15	Does Patellofemoral Joint Stress during Gait Increase during and after Pregnancy?	Hsiangling 'Sharon' Teng	
	Patellofemoral pain after knee trauma: Exploring clinical, biomechanical, and muscle strength variables	Helder dos Santos Lopes	
	Can the Patellofemoral Joint also Benefit from Knee Realignment after High Tibia Osteotomy?	Claudio Belvedere	
	Relationships among Lower Extremity Strength, Biomechanics, and Self-Reported Pain and Function in People with Patellofemoral Pain	Jennifer Earl-Boehm	
	Quantifying Subject Specific Patellofemoral Joint Stress During Running in Females Post-ACL Reconstruction	Thomas Demirjian	
	Lower Extremity Energetic Redistribution During Functional Tasks in Patellofemoral Pain: Proximal, Local, and Distal Contributions	Sungwan Kim	
	General Discussion		
16:15-16:20	Closing comments		
16:20	Free Time - tour/walk		
18:30 - 21:30	Dinner Banquet		

3-Oct-25		Speaker	Moderator
8:30-9:00	Light breakfast		
	Keynote Address	Massachusetts General Hospital	TBD
9:00-9:45	Dr. Brad Schoenfeld		
9:45-10:00	Discussion & questions		
10:00-10:15	Break		
Session 7	8-min Orals - Neuromuscular Outcomes	Massachusetts General Hospital	TBD
10:15-12:00	Voluntary activation and corticospinal excitability in people with and without patellofemoral pain	Fawei Deng	
	Proximal Lower Extremity Peak Muscle Torque and Activation are Associated with Hip and Knee Kinematics During Single-Leg Squatting in Males with Patellofemoral Pain	Lisa Høglund	
	Imbalance in Hip Abductor Muscle Activation during Stance Phase of Running in Persons with Patellofemoral Pain	David Selkowitz	
	Can Knee Extension and Hip Abduction Strength Predict Patient-Reported Function in Patients with Patellofemoral Pain?	Takhyun Yoo	
	Impact of Simulated Changes in Muscle Volume on Patellofemoral Joint Loading in Females with Patellofemoral Pain	Ainsley Svetek	
	Pilot Study of the Relationship Between EMG of Hip Muscles and Selected Goniometric and Maximal Force Measures with Reference to Patellofemoral Pain	David Selkowitz	
	Comparative Analysis of Lower Extremity Rate of Torque Development Algorithms Between Individuals with and without Patellofemoral Pain	Arun Loganathan	
	General Discussion		
12:00-13:00	Lunch	Massachusetts General Hospital	
Session 8	8-min Orals -Management/Interventions	Massachusetts General Hospital	TBD
13:00-14:10	Effectiveness of Incorporating Power Exercises into Strength Training Rehabilitation on Lower Extremity Muscle Volume and Gait Biomechanics in Patellofemoral Pain: An Exploratory Randomized Controlled Trial	Sungwan Kim	
	Does Current Evidence Support Patient Education for Patellofemoral Pain? An Updated Systematic Review with Network Meta-Analysis	Ana Flavia Balotari Botta	
	Effects of Patellar Taping on Quadriceps Muscle Inhibition in People With Patellofemoral Pain: A Randomized, Single-Blinded, Placebo-Controlled Trial With Expectations Manipulation	Natanael Batista	
	Efficacy of Strength Training Rehabilitation Incorporating Power Exercises (STRIPE) on Lower Extremity Strength and Power and Psychological Measures in People with Patellofemoral Pain: A Randomized Controlled Trial	David Bazett-Jones	
	General Discussion		
14:10-14:25	Break	Massachusetts General Hospital	
Session 9	8-min Orals - Clinical Outcomes	Massachusetts General Hospital	TBD
14:25-15:40	The Relationship Between Subjective and Objective Sleep Quality in the Patellofemoral Pain Population	Timothy Gilgallon	
	No Differences Between Women and Men with Patellofemoral Pain for Self-Reported Knee Function, Patellofemoral Symptoms and Fear of Movement	Danilo de Oliveira Silva	
	Bias Between Daily-Recorded and Recalled Worst Knee Pain in People with Anterior Knee Pain	Jaini Kothari	
	Increased Degenerative Biomarkers in Females with Patellofemoral Pain: A cross-sectional analysis with 6-month Progression	Lori Bolgia	
	Subgroups and Classifications of Patients with Patellofemoral Pain : A scoping review of clinical studies.	Miguel Farraj	
	General Discussion		
15:40-16:00	Break		
16:00-17:00	iPFRN Future Directions	EGM leads/ iPFRN Board	
17:00-17:15	Conference Closing Comments	iPFRN Executive Board & Local Planning Committee	