

Program

Patellofemoral Pain Clinical Symposium

International Patellofemoral Pain Research Network

Saturday, October 4, 2025

Starr Center Mass General Brigham Mass Eye and Ear 185 Cambridge St., Boston MA 02114

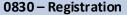




Learning objectives

At the end of the symposium, attendees will be able to:

- describe the primary subjective and objective features of people with PFP
- identify appropriate interventions based on the features of people with PFP
- identify the key summary findings and emerging evidence from the PFP research retreat



Coffee and light breakfast

0900 - Welcome

0910 - Summary of the retreat

Review main themes, what this adds to existing knowledge, next steps

0930 - Session 1 - Optimising your subjective assessment in people with PFP

- 30min presentation [History taking, hypotheticodeductive reasoning, best practice guidelines (BPG) reasoning model - elicitation of key domains, reflective questioning (Neal Glaviano)
- •3x5mins rapid update of emerging evidence
- •15mins Q&A

1030 - Coffee

1100 - Session 2 - Achieving a precision objective assessment to identify treatment targets

- 30min presentation [Targeted assessment approach, identification of deficits] (Chris Powers)
- •3x5mins rapid update of emerging evidence
- •60mins Practical: conduct an assessment history, objective assessment, case study (Simon Lack)

1245 - Lunch

1345 - Session 3 - Delivering a patient centred rehabilitation plan

- •45min presentation:
- Education (Danilo de Oliveira Silva)
- Adjuncts taping, orthoses (Bradley Neal)
- •Rehab exercise interventions (Michael Callaghan & David Selkowitz)
- •3x5min rapid update of emerging evidence
- 60mins Practical: deliver a patient centred, deficit-targeted rehabilitation programme (Michael

Callaghan & David Selkowitz)

1545 - Coffee (15mins)

1600 - Session 4 - Rehabilitating the Runner with PFP Practical examples -

60mins Presentation (Irene Davis)

1700 - Embedding BPG in clinical practice

25 min Clinical reasoning scenarios, Q&A

1725 - Closing remarks

1730 - Conclude

