Pain Neuroscience Education in Young Adults with Knee Pain

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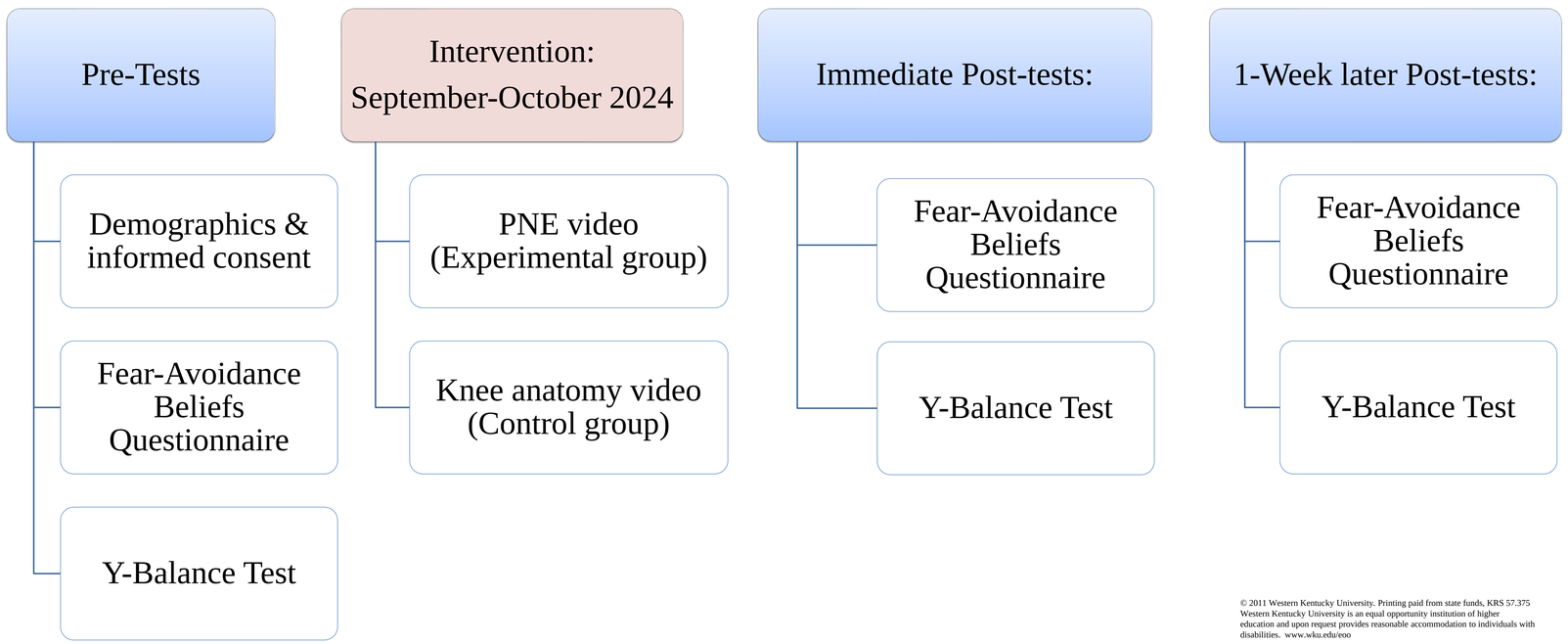
Background

- Tibiofemoral or patellofemoral joint pain is often diagnosed as Tibiofemoral joint pain syndrome (TFPS) or Patellofemoral joint pain syndrome (PFPS), often referred as “runners or jumpers” knee.
- Over the past 20 years, the prevalence of knee pain has increased 65% amongst all age groups.
- Research has shown that PNE alone or paired with physical therapy can significantly affect the improvement of pain in patients with all types of chronic pain.

Materials and Methods

- Non-certified randomized control trial (RCT) with repeated measures and a follow-up retention test
- Recruitment: 20 Participants
- Inclusion Criteria
  - 18-25 years old
  - Individuals with unilateral knee pain during stair navigation or squatting
- Exclusion Criteria
  - Individuals with bilateral knee pain
  - Lower extremity musculoskeletal surgery < 6 months ago
- Data Analysis: Repeated Measures ANOVA within and between interactions

Procedures (1 session & 1 week retention test):



Purpose

- To determine the effects of PNE on improving knee pain for individuals
- To test if PNE (video format) improves an individual’s fear and the individual’s functional capability

Anticipated Outcomes & Hypothesis

The researchers hypothesize that PNE will improve the participants Fear-Avoidance Beliefs Questionnaire score and Y-balance test score.

Clinical Implications

- Increased knowledge about cognitive effects of pain.
- Adds Telehealth options for PT using PNE.
- Allows Physical Therapists to create rehabilitation plans to help manage pain by understanding the causes of pain.
- Allows Physical Therapists to better understand why patients avoid physical therapy and the pain associated with rehabilitation.

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