**Effectiveness of General Quadriceps strengthening versus selective Vastus Medialis Obliquus strengthening in Patellofemoral Pain Syndrome.**

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Dr. Leena D. Chaudhari,\* Dr. Keerthi Rao

College Of Physiotherapy ,Pravara Institute Of Medical Sciences, Loni.

**Abstract:**  The aim of this study was to determine whether general quadriceps strengthening is effective as compared to selective Vastuas medialis obliqus (VMO) strengthening in Patellofemoral pain syndrome (PFPS) . Ten subjects who had suffered from patellofemoral pain syndrome resulting in difficulty during activity of daily living like squatting, cross leg sitting, jumping, walking, stair climbing and pain which worsens with descending stairs were chosen. Their Pain on VAS, Strength by Pressure biofeedback(Stabilizer), Range Of Motion(Universal Goniometer) and functional activities with (Knee functional score) were considered before and after intervention. The subjects were divided into Group A and B and intervention was given for six days a week for six weeks which included 3 sets of general quadriceps strengthening and selective VMO strengthening respectively while Ultrasound was common for both the groups. Strength and Functional activities improved significantly with VMO strengthening (p<0.05), but no significant difference was seen in Pain and Range of motion between the groups though significant difference was seen in pre and post values of both groups concluding that VMO strengthening is effective in case of PFPS.

**Key words:** VMO, PFPS, Pressure biofeedback.