Diagnosis of PFPS by an orthopaedic surgeon

Information about the study by leaflet

If the patient agree

Examination in one of the study centers for inclusion and exclusion criteria
Informed consent

Criteria fulfilled, informed consent

Inclusion and randomization

Control group:
- Information about PFPS
- Exercise on their own (Patella move)
- Supervised exercise

Treatment group:
- Patella pro brace
- Information about PFPS
- Exercise on their own (Patella move)
- Supervised exercise

Outcome measures at baseline, after 6 weeks, 3 months and one year:
- Functional recovery on the 7 point Lickert scale
- Knee function measured with the Kujala score
- Knee osteoarthritis outcome score
- Pain at rest, walking, stair climbing and sports measured with a NAS
- Review of compliance and additional interventions