

Students aged 15-19 at four upper secondary schools are asked to fill out an online questionnaire regarding general musculoskeletal pain.

All questionnaires are automatically sent back to a research assistant. Questionnaires where knee pain is reported are highlighted.

Students who are called and do not wish to participate.

Students with knee pain are called by telephone and information material are sent to the students and the custody holders.

Students with knee pain are examined at the local hospital by an experienced rheumatologist. Informed consent from the student and the custody holder are obtained.

Students who not fulfil the inclusion criteria or fullfil exclusion criteria.

Students with patellofemoral pain syndrome are identified.

Students who receive the diagnosis but do not wish to participate.

After all students have received the diagnosis, they are cluster randomized based on which school they attend.

Observational cohort who follows all students with Patellofemoral Pain Syndrome who did want to participate in the randomisation.

Patient education and information on how to avoid painful activities.

Supervised multimodal physiotherapy combined with Patient education and information on how to avoid painful activities.

Follow-up, 3,6,12 and 24 months after inclusion in the project.