

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