Fat Pad and Patellar Mobilization

14th Annual DFW Sports Medicine Symposium
March 25th, 2017

Anterior Interval

Fat Pad

- Increased PFP and tibiofemoral forces with restricted fat pad

Fat Pad as a Pain Generator

Fat Pad and Patellar Mobilizations

- Knee extension
  - passive overload

Posterior Fibular Head Gliding

Fat Pad and Patellar Mobilizations

- Knee extension

Medial-Lateral Gliding
Fat Pad and Patellar Mobilizations

• Knee flexion

Patellar Tilting

Fat Pad and Patellar Mobilizations

• Knee flexion

Anterior Fibular Head Gliding

Inferior Patellar Gliding

References