CHAPTER 5
CONCLUSION

Even though certain areas of the study seem controversial in the evidence obtained from the literature and the significant statistical changes obtained in this study lead us to the conclusion that in all the three groups i.e taping with exercises, ultrasound with exercises and exercises alone showed reduction in pain and improvement in function, muscle power and reduction in q angle but on comparing the three groups it was found that taping with exercises showed a greater reduction in pain and an improvement in functional activities and lesser significance in muscle power and q angle when compared with the ultrasound and exercises group.

5.1 LIMITATIONS

The limitations which have to be kept in mind while interpreting the results of the present study are as follows: Firstly, the long term follow-up and medications taken by the patient and physical activity were not controlled. Secondly, the physiotherapy interventions were carried out only during the hospital visit, regularity of exercises at home was not considered. Finally, evaluating the results through x-ray findings and changes of muscle activity through EMG findings was also a limitation of the study. There could have been an influence of the foot and the ankle on chondromalacia patella which was not considered.
5.2 SCOPE FOR THE FURTHER WORK

- Further investigation can focus on the associative foot disorders along with orthotics to find out the effect of physiotherapy on pain in Chondromalacia Patella.
- Future studies can measure long term functional outcomes and the causes for the reoccurrence of Chondromalacia Patella.
- The researchers suggest finding out the properties of the articular cartilages of the patella and does physiotherapy help in altering the properties of the articular cartilage to improve healing.
- Future investigation can use MRIs, CT Scans to find out the extent of healing of the articular cartilage in Chondromalacia Patella following physiotherapy.