

Home Exercise Program for Patellofemoral Pain

Hamstring stretch

Prop the back of your heel up on a table, keep your back straight, and lean forward at the hips. Hold for 20–30 seconds. Repeat 3 times.



Dynamic hamstring stretch

Lie on your back, reach hands behind your knee, keep knee at 90-degree angle, and kick up until you feel stretch. Repeat 15–20 times each side.



Hip flexor stretch

Kneel with affected knee on the ground, same side arm goes back causing pelvis to shift forward, and back to extend. Hold for 20–30 seconds. Repeat 3 times.



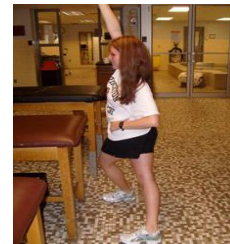
Glute stretch

Prop the outside of your ankle up on a table, make sure your leg is at 90 degrees, keep your back straight, and lean forward at the hips. Hold for 20–30 seconds. Repeat 3 times.



C-Stretch for IT Band

Standing, place affected leg behind the good leg, and lean away. Hold for 20–30 seconds. Repeat 3 times.



Standing Quadriceps Stretch

Prop the inside of your ankle up on a table, lean into the side you're stretching. Hold for 20–30 seconds. Repeat 3 times.



Quad sets

From a seated position, place a small towel or roll behind your knee. Point your toes toward you and straighten your knee (to contract your quads) so the back of your heel comes off the table. Make sure you are focusing on squeezing your quadriceps as tightly as tolerable. Once your heel is off the table, hold the contraction at the top for 2–3 seconds. Do 3–4 sets of 20 repetitions



Straight leg raises all 4 directions

Begin on your back, bring your foot towards you, so quadriceps muscle is contracted and knee is straight. Raise leg into hip flexion. Repeat this on your side for hip abduction, opposite side for hip adduction, and on your stomach for hip extension. Do 3 sets of 15 each direction. As this gets easier, you can add weight, or add repetitions.



Hip flexion with theraband

Tie theraband around a secure object (i.e. table). Put the other end of theraband around your ankle. Step forward to put tension on the theraband. Stand with toes pointed forward, hips kept level, back straight and eyes facing forward, balance on "good" leg and pull theraband forward about 30 degrees and return to starting position slowly. Repeat 3 sets of 15 reps. (Add diagonals after 2-3 weeks)



Hip Abduction with foot external rotation

On your side, with knee straight (quadriceps contracted), raise your leg into hip abduction with leg slightly back, and point your foot toward the ceiling. Do 2 sets of 15.



Hip circles

On your side, with knee straight (quadriceps contracted), complete 20 circles to the right, and 20 circles to the left.



Hip External Rotation (Clam-shells)

Lie on your side with your legs stacked one on top of the other, and your knees bend forward about 45 degrees. Squeeze your buttocks and hold as you lift the top knee up, keeping your feet stacked. Your legs should look like an open clamshell. Inhale as you close your legs. Repeat this 3 sets of 15 reps, keeping your pelvis steady and facing forward throughout the movement.



Monster Walks (Side steps)

Begin this exercise in a standing position with legs at shoulder width in a slightly flexed position with a theraband wrapped securely around both ankles. Take medium to large steps to the side without allowing any slack in the band. Repeat 3 sets of 25 reps.

