Patellofemoral Home Exercise Program

Supine Hamstring Stretch

**Setup**
Begin lying on your back with one leg straight and the other leg bent.

**Movement**
Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

**Tip**
Make sure to keep your back flat on the floor during the stretch.

Standing Quadriceps Stretch with Chair Support

**Setup**
Begin in a standing upright position holding onto a stable surface for support.

**Movement**
Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

**Tip**
Make sure to keep your back straight and maintain your balance during the stretch.

Standing Hip Flexor Stretch on Chair

**Setup**
Begin in a standing position with one leg bent and resting on a stable chair behind your body.

**Movement**
Gently shift your weight forward at your hips. You should feel a stretch in the front of the hip of your bent leg.

**Tip**
Make sure that the chair is stationary for safety. Try not to arch your back during this exercise.
**Gastroc Stretch on Wall**

**Setup**
Begin in a standing upright position in front of a wall.

**Movement**
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

**Tip**
Make sure to keep your heels on the ground and back knee straight during the stretch.

**Straight Leg Raise with External Rotation**

**Setup**
Begin by lying on your back with one knee bent and your other leg laying flat.

**Movement**
Slowly rotate your straight leg outward, then tighten your abdominal muscles and lift it until it is parallel with your other thigh.

**Tip**
Do not let your low back arch during the exercise.

**Prone Hip Extension**

**Setup**
Begin by lying on your stomach with both legs stretched straight behind you.

**Movement**
Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

**Tip**
Make sure to keep your knee straight and trunk steady during the exercise.

**Sidelying Hip Adduction**

**Setup**
Begin by lying on your side.

**Movement**
Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

**Tip**
Do not let your hips roll backward or forward during the exercise.
Sidelying Hip Abduction

<table>
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<tr>
<th>Reps: 10</th>
<th>Sets: 3</th>
<th>Hold (sec): 2</th>
<th>Weekly: 5x</th>
<th>Daily: 2x</th>
</tr>
</thead>
</table>

**Setup**
Begin by lying on your side.

**Movement**
Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

**Tip**
Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

Lateral Step Down

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<th>Sets: 3</th>
<th>Hold (sec): 1</th>
<th>Weekly: 7x</th>
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**Setup**
Begin by standing on a platform or step with one leg hanging off the edge.

**Movement**
Maintaining an upright position, bend at your knee and hip, slowly lowering your foot to the ground, then return up to the starting position and repeat.

**Tip**
Make sure not to let your trunk bend forward or your knee collapse inward as you lower your foot to the ground.

Wall Squat Hold with Ball

<table>
<thead>
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<th>Reps: 10</th>
<th>Sets: 3</th>
<th>Hold (sec): 5</th>
<th>Weekly: 5x</th>
<th>Daily: 2x</th>
</tr>
</thead>
</table>

**Setup**
Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

**Movement**
Lean back into a squat against the wall, placing the ball between your knees, and hold this position without letting the ball drop to the ground.

**Tip**
Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.