

PATELLOFEMORAL HOME EXERCISE PROGRAM

Supine Hamstring Stretch

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 2 Weekly: 5x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 1 Weekly: 7x Daily: 2x



Step 1



Step 2

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

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

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.