

Home Exercise Program for Patellofemoral Pain

- Perform the exercises in the order listed. Gentle quadriceps and hamstring stretches should be performed first.
- If symptoms allow, 5 to 10 minutes of gentle stationary cycling with low resistance can be performed as a warm-up before performing the following exercise program.
- To prevent inflammation, after completing the exercises apply a bag of crushed ice or frozen peas along the sides of the kneecap for 20 minutes or until numb.
- If the pain worsens or does not improve, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Patellofemoral Pain

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Standing quadriceps stretch	Quadriceps	4 repetitions, 2 to 3 times per day	Daily	3 to 4
Supine hamstring stretch	Hamstrings	4 repetitions, 2 to 3 times per day	Daily	3 to 4
Hamstring curl	Hamstrings	15 repetitions, progressing to 15 repetitions/3 sets	4 to 5	3 to 4
Straight leg raise	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4
Straight leg raise (prone)	Quadriceps	10 repetitions/3 sets	4 to 5	3 to 4

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Standing Quadriceps Stretch

- Bend your knee up toward your buttock and grasp your ankle. (If you cannot comfortably reach your ankle, a looped belt or towel can be used around the ankle.)
- Pull up gently and hold this position for 30 to 60 seconds. A gentle stretch should be noted in the front of the thigh or hip of the leg being stretched.
- Repeat with the opposite leg.
- Perform 4 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks.



Supine Hamstring Stretch

- Lie on the floor with one leg straight and one leg bent. Clasp your hands behind the thigh of the bent leg, near the knee.
- Straighten the leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull the leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.
- Perform 4 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks.



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Hamstring Curl

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold on to the back of a chair or the wall for balance.
- Bend the affected knee, raising the heel of the affected leg toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax.
- Perform 15 repetitions, progressing to 3 sets of 15 repetitions.
- Perform the exercise 4 to 5 days per week, continuing for 3 to 4 weeks.

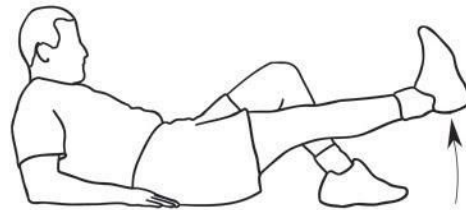


Seated version

- Sit on a chair with your feet flat on the floor.
- Slide the foot on the affected side back and hold the position for 5 seconds.

Straight Leg Raise

- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the affected leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the affected leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 10 repetitions 4 to 5 days per week, continuing for 3 to 4 weeks.



Straight Leg Raise (Prone)

- Lie face down on the floor with your legs straight.
- Keeping the affected leg straight, raise the leg approximately 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 10 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.

