



MELANDER
SPORTS MEDICINE

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Patellofemoral Syndrome (Chondromalacia)

Stage 1: When the knee is painful and swollen you must rest and avoid stair climbing and squatting while keeping the leg straight when seated. Ice the knee for 30 min two or three times a day after any activity and take any anti-inflammatory/analgesic medication prescribed to you by your doctor.

Stage 2: Begin range of motion and strengthening exercises. The exercises below are used to stretch, strengthen and balance the thigh muscles that control the patella in the groove allowing the patella to move through the femoral groove more accurately and with less pressure.

Quad Sets



While lying down or seated with a small towel roll under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground.

Reps 10 Sets 3

Heel Slides (Towel)



While in a seated position, hook a towel around your foot and pull your knee into a bend position and towards your buttock.

Reps 10 Sets 3

Short Arc Quad Sets



Place a rolled up towel or object under your knee and slowly straighten your knee as you raise your foot. Focus on contracting the quad muscles. Hold for 3 seconds.

Reps 10 Sets 3

Hip Adduction



Place a rolled up towel, ball, or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold for 3 seconds.

Reps 10 Sets 3

Single Leg Raise (VMO)



While lying down, raise up your leg with a straight knee and your toes pointed outward.

Reps 10 Sets 3

Hip Adduction



While lying on your side, slowly raise up the bottom leg towards the ceiling. Keep your knee straight the entire time. The top leg should be bent at the knee and your foot planted on the ground supporting your body.

Reps 10 Sets 3

Clam Shells



While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Reps 10 Sets 3



Hip Extension



While lying face down with your knee straight, slowly raise up leg off the ground.

Reps 10 Sets 3

Hip Abduction



While lying on your side and upper most leg on pillows, slowly raise up the top leg to the side. Keep your knee straight the entire time.



Reps 10 Sets 3



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