

Patellofemoral Pain Home Exercises

Created by Jared Beckstrand Jul 31st, 2015

View at "www.my-exercise-code.com" using code: JAHQHU7

Fit Stop Physical Therapy 172 N East Promontory Farmington, UT (801) 934-3975 www.the-fitstop.com

1



PATELLA LATERAL GLIDE - SELF MOBILIZATION

Place your hand along the inner edge of your knee cap and slide it outward toward the side.

5



Repeat 10 Times Complete 3 Sets Perform 1 Time(s) a Day FIRE HYDRANT - QUADRUPED HIP ABDUCTION

Start in a crawl position and raise your leg out to the side as shown. Maintain a straight upper and mid back.

Repeat 5 Times Hold 10 Seconds Perform 2 Time(s) a Day

2



Repeat 5 Times
Hold 10 Seconds

PATELLA MEDIAL GLIDE - SELF MOBILIZATION

Place your hand along the outer edge of your knee cap and slide it inward toward your midline.

3

Hold 10 Seconds Perform 2 Time(s) a Day

HIP ABDUCTION - SIDELYING



While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time.

Repeat 10 Times Complete 3 Sets Perform 1 Time(s) a Day

4



Repeat 10 Times Complete 3 Sets Perform 1 Time(s) a Day WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward until your knees are at a 45-50 degree angle (as low as you can pain freeand then return back to upright position.

Powered by HEP2go.com

Jul 31st, 2015 - Page 1 of 1