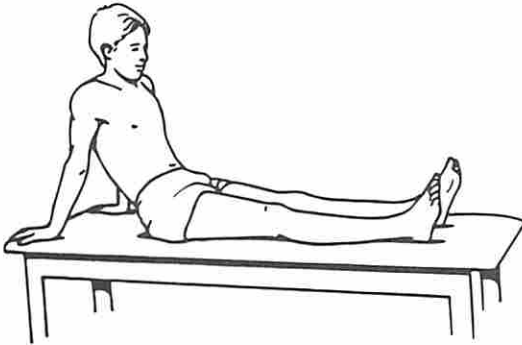


## PATELLOFEMORAL STRENGTHENING

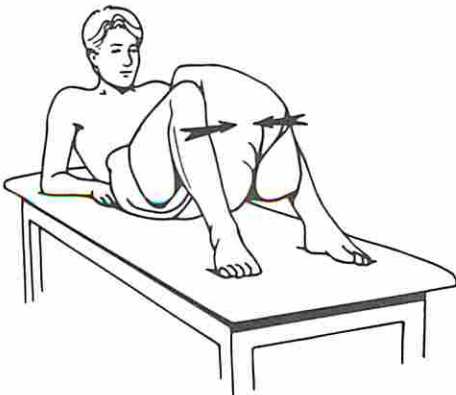
### QUADRICEPS SETS



Tighten muscles on top of thigh by pushing knees down into floor or table.

Hold 5 seconds.  
Repeat 15 times/session.  
Perform 2-3 sessions/day.

### ISOMETRIC HIP ADDUCTION

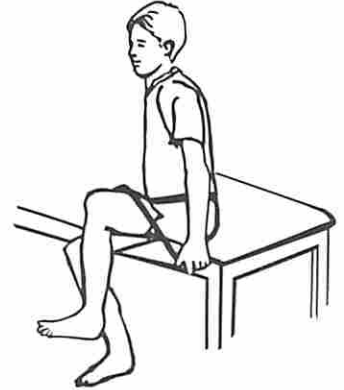


With folded pillow between knees, squeeze knees together.

Hold 5 seconds.  
Repeat 15 times/session.  
Perform 2-3 sessions/day.

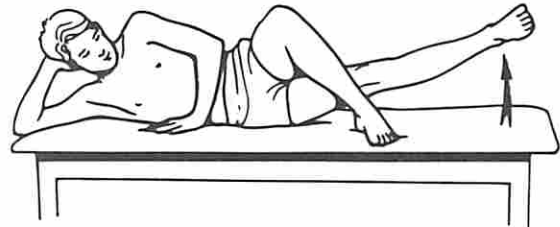
### SEATED HIP FLEXION

Sit on high chair, stool or table.  
Stretch band across thigh. Lift  
hip and thigh off of table,  
stretching band.



Repeat 15 times.  
Perform 3 sets/session.  
Perform 2-3 sessions/day.

### SIDE-LYING HIP ADDUCTION



Lying on side, tighten muscle on front of thigh, then lift leg 8-10 inches away from the floor.

Hold 1-2 seconds.  
Repeat 15 times/session.  
Perform 2-3 sessions/day.

## PATELLOFEMORAL STRENGTHENING (CONTINUED)

### SEATED KNEE EXTENSION

From a seated position, straighten leg from 90° to 50°. Return to start position.

Hold each repetition

1-2 seconds.

Perform 15 times/set.

Perform 3 sets/session.

Perform 2-3 sessions/day.



### RESISTED HIP FLEXION

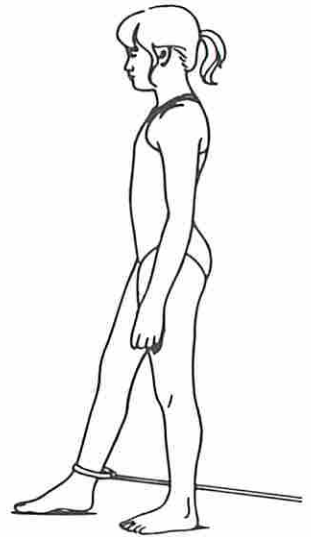
With tubing around involved ankle and opposite end secured in doorjamb, bring leg forward, keeping knee straight.

Hold 1-2 seconds.

Perform 15 times/set.

Perform 3 sets/session.

Perform 2-3 sessions/day.



### WALL SLIDES

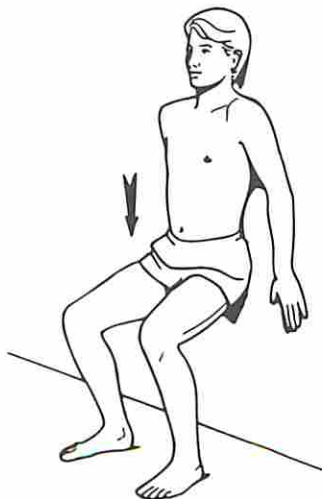
Lean GENTLY on wall. Slowly lower buttocks toward floor until knees reach a 50° angle. DO NOT GO LOWER. DO NOT ALLOW KNEES TO PASS FORWARD OF YOUR FEET.

Hold 1-2 seconds.

Perform 15 times/set.

Perform 3 sets/session.

Perform 2-3 sessions/day.



### RESISTED HIP ADDUCTION

Bring leg across body and slowly return to starting position.

Hold 1-2 seconds.

Repeat 15 times/set.

Perform 3 sets/session.

Perform 2-3 sessions/day.

