



Patella femoral Home Exercise Program

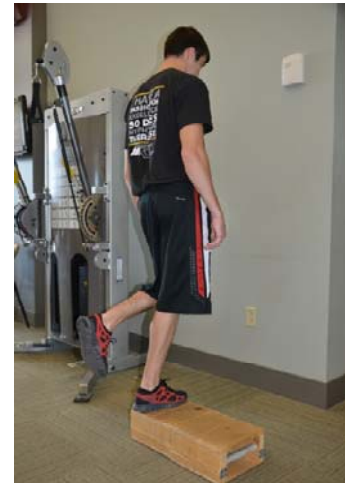
Proper treatment of anterior knee pain requires strengthening not just at the knee, but also core strengthening and hip strengthening to properly align the lower extremity. The below described program has a strong component of core strengthening to emphasize this.

Day 1: Hip and Knee

- Perform two sets of each exercise
- Perform between 10-15 repetitions
- You should be tired after performing 10-15 repetitions
- Perform 3 times per week

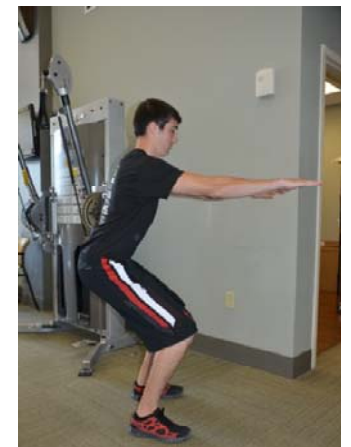
1. Hip Hike and Drop

This exercise increases control of the pelvis. While standing on a box let your foot drop lower by controlling the side to side tilt of your pelvis. Pull your foot back up by pulling up with your hip muscles.



2. Squat

The squat is fundamental to performance. The squat should be started with a “hip hinge” - in other words, the butt goes backwards and down first. Bending forward at the hip occurs yet the spine maintains its neutral position.





3. Hip Press against wall

With your knee bent and against the wall push that knee further against the wall. Hold for 5-10 seconds and repeat. Can be done with different angles of hip flexion.



4. Hip Abduction or Clam Shell

Important for working hip abductors and lateral rotators of thigh.



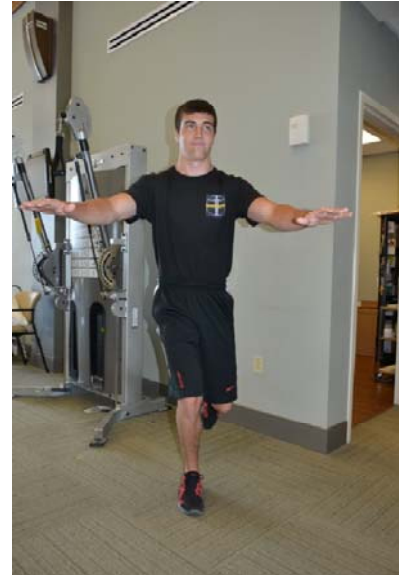


5. One Leg Squat and Opposite Leg Raise

This can be done three ways:

1. Raise the outstretched leg upwards and repeat
2. Squat down with the leg that is on the ground
3. Combine the 1 and 2 (Good luck)

Attempt to keep your knee over your 2nd toe. Can also be performed with leg behind.



Day 2: Core

6. Planks

Planks work the entire trunk and hip musculature. The purpose is hold each position for 3-5 seconds and the “roll” to the next position. Your trunk should be as rigid as possible. Perform between 8 and 20 “rolls”.



7. Side Lying Leg Raise

Raise leg approximately 12 inches. Hold for 10 seconds and repeat until fatigued.





8. Back Bridge

Lift your hips off the floor. Hold for 5 seconds and repeat until fatigued.

